Saskatoon

# HOME

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WINTER 2016



## Living in a Landmark

### 'Til Reno Do Us Part
Don't Bankroll Your Breakup

### Not Your Grandma's Wallpaper
From Economical to Opulent

### HOMEtown Reflections
The History of Sutherland




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*Photo: Appl Photo*

Cover: The Hopkins House on Saskatchewan Crescent West is one of Saskatoon's most iconic homes. It was designed by renowned architect David Webster and built in 1910. Photo: Lillian Lane

# HOME Front

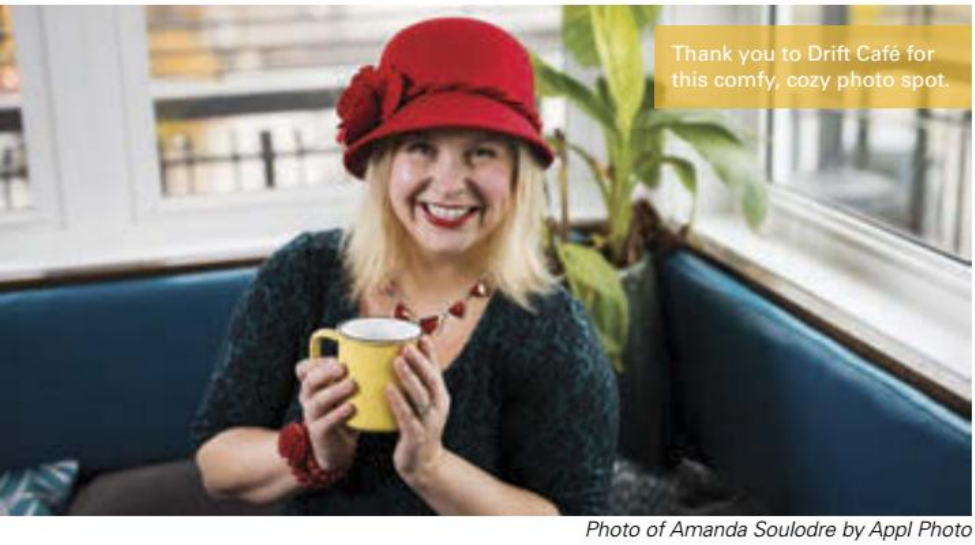



*Photo of Amanda Soulodre by Appl Photo*

Wow, that went by fast! As we wrap up 2016—Saskatoon's 110th anniversary—I love reflecting on the amazing growth this city has seen and the incredible people and homes behind that growth.

One story I am very excited to share with you is a look inside one of Saskatoon's most iconic homes on Saskatchewan Crescent West; you know, *that one* with the 19-foot columns in front. Owner Jenny Underhill graciously let us in and explained what she's done with Strata Development to keep this landmark going strong for another 100 years.

Step back a bit more than that, say 110, to see the first days of 'the little town that could' just to the east of Saskatoon. Sutherland has been chugging along since 1907, rooted in the coal dust from the Canadian Pacific Railway.

Just to get warmed up, literally, we begin with the best way to beat winter chills: meat pies! Join our foodie Craig Silliphant and none other than Teresa Soulodre, my very own mother-in-law, as they prepare some wonderful savoury tourtière. I'm not saying they'll change your life, but they will improve your outlook on the cold and snow.

While you're waiting for your pies to bake, enjoy the other features we've whipped up for you in this issue.

Meet a therapist who shows us how couples can survive a renovation and emerge with their relationship intact. Learn how you can avoid bankrolling your own breakup. Add to that, our friends at Atmosphere Interior Design show us how wallpaper—once deemed a legitimate irreconcilable difference—is now an easy-to-use material for décor with a great impact and it's easy on a marriage.

We also hope to inspire those with young kids or grandkids to have some DIY fun in the bathroom to make a space that is fun and functional for the whole family.

Like stone? Geologist Brian Pratt has incorporated passion and profession in his recent rock solid renos. Most people try to get little creatures out of their homes; not Brian. Meet a few of his houseguests. True, some are 260 million years old, but they have yet to wear out their welcome.

And as you snuggle in for a long winter's nap, check out our piece on how to get a successful sleep. There's more to it than just getting some shut eye.

That's a wrap for 2016. We can't wait to show you what we've got cooking for our Spring 2017 issue. Have a happy, peaceful (or raucous and rowdy) holiday season. Maybe some of both? Stay safe, warm and stay tuned.

*AMANDA SOULODRE*
*OWNER & PUBLISHER*

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# READER PANEL

**Thank you to our Winter Issue Reader Panel seen below.** The people on the Reader Panel change every issue and are made up of fans of the magazine who volunteer to help us select our stories. Their input allows us to select stories that people in and around Saskatoon look forward to reading each and every issue. Once story ideas are selected, we then assign them to our team of talented writers (not seen here).



*I love HOME because it is more than a decorating magazine. The articles and information are diverse enough to appeal to various interests and tastes.*

**Carol Glazer**
*Retired*



*I volunteered to be on the Reader Panel because I was curious about the magazine and how articles are picked.*

**Michael Reimer**
*Associate Financial Advisor, Raymond James*



*The rooms in my home I wish to renovate are my kitchen and then our master bedroom.*

**Rebecca May Gorges**
*Financial Advisor, Sun Life Financial*



*The stories I love reading most in HOME are about unique design and decorating ideas.*

**Rhonda Best**
*Cosmetic Tattoo Artist / Owner, National Brow Clinic*



*The stories I love the most are those that let us see inside Saskatoon homes. You always wonder when you see the outside of big old beautiful homes, and here we get a chance to look in.*

**Suzy McCracken**
*Architectural Technologist, Concentric Engineering*



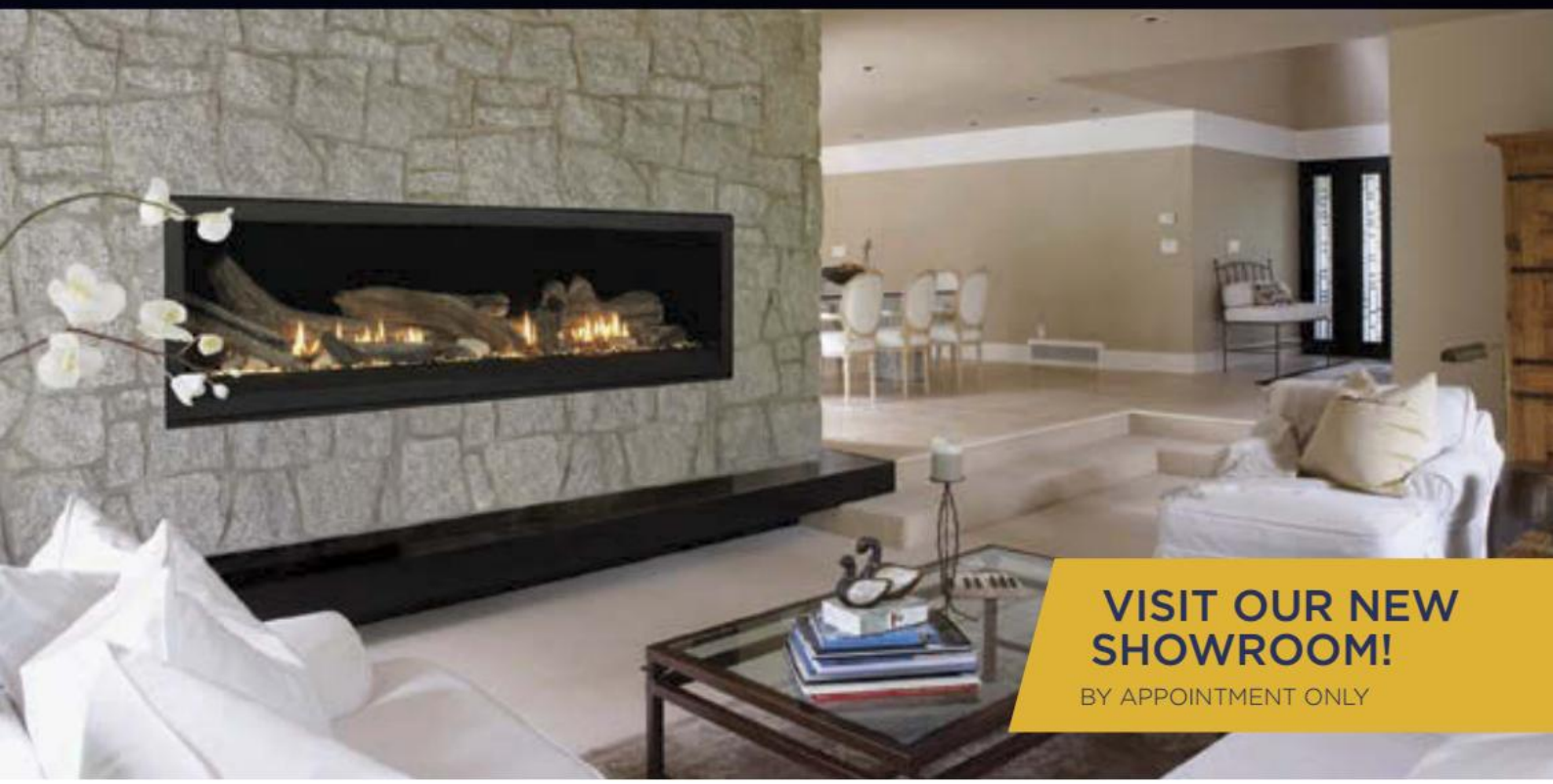
*The stories I enjoy the most are on historical or high profile Saskatoon homes because I'm a curious soul.*

**Trent Litzenberger**
*Vice President - Professional Education, Lung Association*

**Interested in being on a future panel?** Email: amanda@saskatoon-home.ca with 'Reader Panel' in the subject line.

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# CHANGES IN THE INDUSTRY

## New Local and National Housing Rules

Substantial changes are coming to the housing industry in Saskatoon and across Canada, and the changes could affect you. The federal government has new rules to qualify for a mortgage and in Saskatoon, home builders are going to be held to a higher standard.

**Upping the Builder Bar**

Starting in summer 2018, the City of Saskatoon has decided that home builders who purchase lots from Saskatoon Land must complete seven modules of builder training and an extra safety certification. This change may narrow the pool of home builders with projects on city-owned lots, but it also means those builders remaining will be better qualified.

Chris Guérette, CEO of the Saskatoon & Region Home Builders' Association (SRHBA), applauds this change, saying that not every city council would have run with this initiative. She sees it as a way to ensure the home builders who are working in Saskatoon are held to a higher standard.

"A home is a huge investment. Building one is supposed to be a really good experience. Even one family with a not-so-positive experience, or one that has challenges, is not what

## INCOME REQUIREMENTS BEFORE OCT. 17, 2016

| | |
|---|---|
| Purchase price of home | $350,000 |
| Amortization | 25 years |
| 5-year fixed mortgage rate | 2.49% |
| Down payment min. requirement 5% | $17,500 |
| Mortgage amount | $332,500 |
| Mortgage insurance premium (CMHC) | $11,970 |
| Total mortgage | $344,470 |
| Monthly mortgage payment | $1,541.39 |
| **Minimum annual income required to qualify** | **$57,000** |

## INCOME REQUIREMENTS AFTER OCT. 17, 2016

| | |
|---|---|
| Purchase price of home | $350,000 |
| Amortization | 25 years |
| **Mortgage rate used to qualify (as of Oct. 17)** | **4.64%** |
| 5-year fixed mortgage rate | 2.49% |
| Down payment min. requirement 5% | $17,500 |
| Mortgage amount | $332,500 |
| Mortgage insurance premium (CMHC) | $11,970 |
| Total mortgage | $344,470 |
| **Monthly mortgage payment used to qualify** | **$1,933.45** |
| Monthly mortgage payment | $1,541.39 |
| **Minimum annual income required to qualify** | **$70,000** |

*Provided by Tammy Wandzura, Accredited Mortgage Professional with The Mortgage Group. Numbers assume no other debt.

we want to see," Chris says.

The SRHBA has training materials available, which can be studied online at the home builders' own pace, and there are other groups offering training as well. Long time home builders can also apply to have previous education certified.

Saskatoon is very unique in that builders can purchase lots from private developers as well as from the city. The changes the city has enacted only apply to builders who buy lots through the city, so as Chris notes it will still be possible to avoid taking this additional certification. "Those who are serious about building quality homes in our city will be able to meet these new standards, no problem."

While most builders approve of this change, Chris says there has been some pushback. She has heard that home builders who are not happy with the change have two arguments.

First, it's another cost or hurdle for them to be in business. Second, it's not the right time economically to institute such a change. But she has clear responses to both of those arguments.

"If you're serious about ➤



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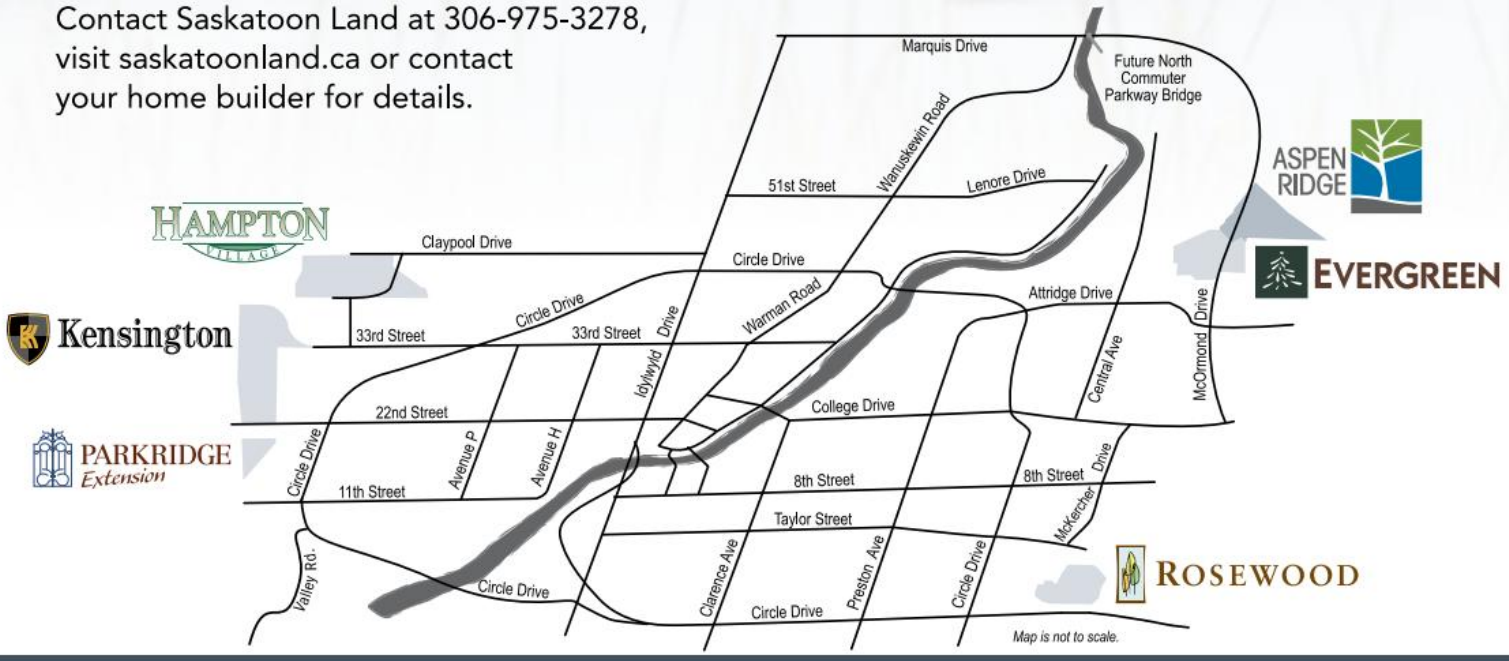
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your business, this should be a hurdle you're excited to take and promote with your clients as an asset," she says. "And during a slower economy, that's the perfect time to invest. When you're not as busy, this is the time to do education. In a boom, you don't have time."

**Tightening Mortgage Rules**

Things just got a little bit trickier for people applying for mortgages across Canada. Among several other changes, the federal government now requires anyone applying for an insured mortgage to pass a "stress test."

If you are financing your mortgage and require Canada Mortgage and Housing Corporation (CMHC) insurance (which is the case for those who do not have the minimum 20% down payment needed to waive the option of this default insurance) as of October 17, 2016 you need to prove you're able to afford the monthly payments at a higher mortgage rate than you'll actually be paying—at the Bank of Canada's posted five year fixed rate (4.64% as of print date) instead of the discounted 2.49% or so that you will likely obtain as your mortgage rate. The goal is to protect a home owner from taking on a mortgage they couldn't afford if the mortgage rates go up.

Tammy Wandzura, an Accredited Mortgage Professional with The Mortgage Group, says the new rules will force many of her clients to change their plans.

Under the old rules, to purchase a $350,000 home with the minimum 5% down payment, they would have to make $57,000 per year. Under the new rules, they would have to make $70,000 per year, ➤





Changes to home building standards: Starting in 2018, home builders who want to purchase land from Saskatoon Land must have completed seven modules of builder training and safety certification. The requirement only applies to builders who want to buy land from the City of Saskatoon. Chris Guérette, CEO of the Saskatoon & Region Home Builders' Association, says raising the minimum standards like this will protect home buyers.

or settle for a home with a lower price tag.

"You're going from the opportunity to purchase a single family home to maybe a condo," Wandzura says. "In the current economy, when many provinces across Canada are struggling with loss of jobs, having consumers go out and earn an additional $13,000 is not realistic. In Canada, we all grow up with the excitement and anticipation of becoming homeowners, and that's going to be much more difficult."

A mortgage broker's job is not only to help buyers obtain a loan, but also to educate them, and education is more important than ever, says Wandzura. "Ask lots of questions," she says. "Be sure you're talking to a mortgage professional, and get accurate information."

*Ashleigh Mattern*


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## MORTGAGE CHANGES THAT MIGHT AFFECT YOU

**As of Oct. 17, all new insured mortgages must pass a mortgage stress test. Buyers:**

- Must qualify for the Bank of Canada's five-year fixed posted mortgage rate of 4.64% (at time of printing).
- Must not spend more than 39% of their income on home costs.
- Ensure all other debt payments do not exceed 44% of their income.

**As of Nov. 30, the government will only insure low-ratio mortgages that meet these standards:**

- Amortization period must be 25 years or less.
- Purchase price must be less than $1 million.
- Buyer must have a credit score of 600.
- Property must be owner-occupied.

**Anyone who sells their primary residence must report the sale to the CRA.**

- Financial gains from selling your primary residence are still tax-free, but must be reported.
- The new rule aims to prevent foreign buyers. from falsely claiming this tax exemption.

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# LIVING IN A LANDMARK

## A Home Built for Saskatoon's First Mayor

Like so many people who pass by 307 Saskatchewan Crescent West, one of Saskatoon's most grand and opulent homes, Jenny Underhill had always wondered what it must be like inside. Today, she has a very good idea. In 2004 she moved in and began a love affair with this 1910 landmark. Recently, she took on one of the most challenging renovations of its century-old history.

Jenny has steered a number of renovations to what has long been known as the Hopkins House, built for Saskatoon's first mayor in 1910.

Since the early 1990s, there were plumbing and electrical upgrades, the master bedroom was opened up and 2006 saw a major kitchen overhaul. The roof was replaced. Walls have been removed to open interiors, and cosmetic touches have created a serene décor. Neutral walls showcase original woodwork and ornate plaster ceilings.

Last year when homeowners faced problems caused by ice damming, Jenny was no exception. Water damage has been fixed, and the spectacular ceilings preserved. With more improvements on the 'to do' list, the grand home is still "a work in progress," Jenny says.



KARIN MELBERG SCHWIER APPL PHOTO

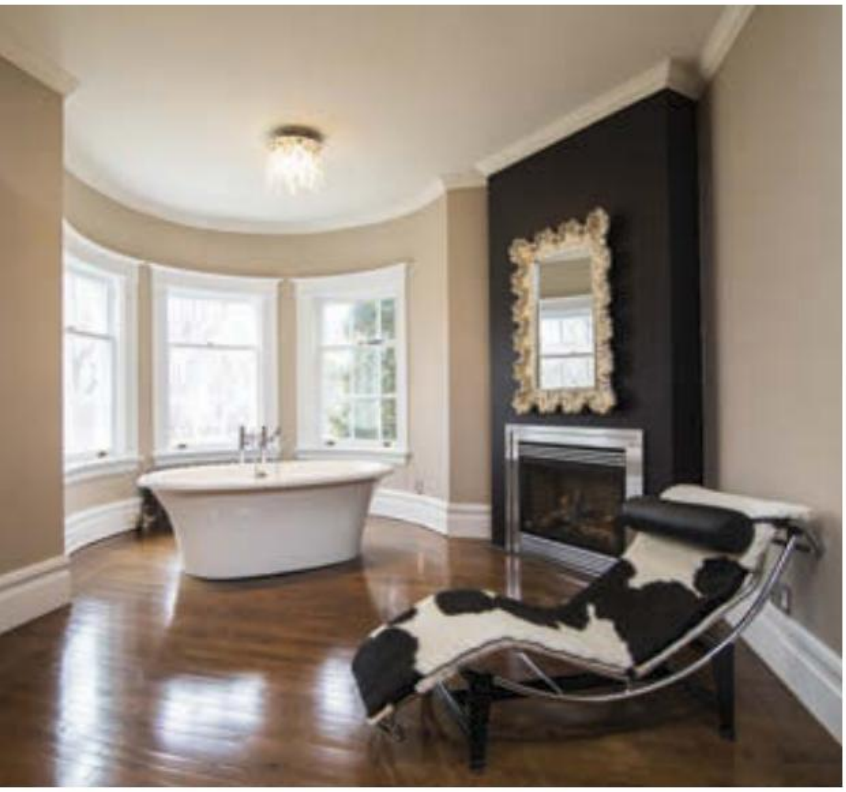
Photo: Lillian Lane

**The Big Fix**

One of the biggest challenges presented to Jenny involved the home's most significant neo-classical element. The front portico, shouldered by rounded brick turrets, featured six original 19-foot tapered wooden Ionic columns with scroll shapes, or volutes, on either side of each capital. A triangular gabled roof, an entablature, surmounts the columns. But time and chance happens to all things.

"The columns were deteriorating and I just happened to be the homeowner when this needed to be fixed," Jenny explains. "They had ➤

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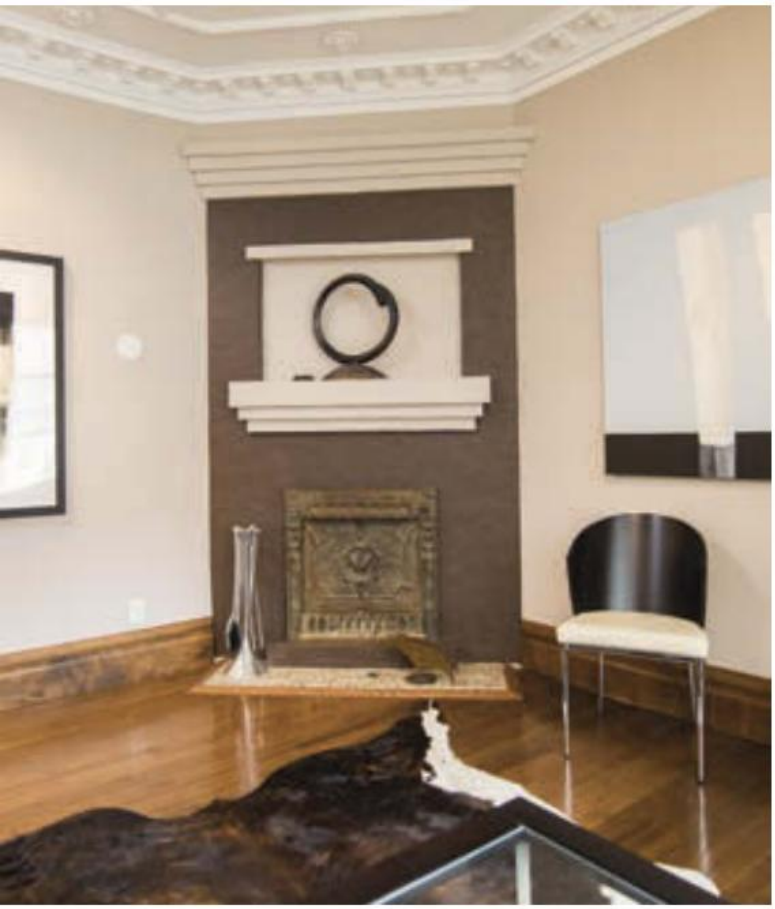
## HOPKINS HOUSE HISTORY

(from *Saving Our City* by Elizabeth Diamond, and documents on file at the Local History Room, Saskatoon Public Library):

- Designed in 1910 by renowned Canadian-Scottish architect David Webster.
- Built for the first mayor of Saskatoon, William Hopkins, 1909–10; alderman from 1905–08. He owned a hardware store and 1,200 acres near Tessier.
- William bought the lot for $1,500.
- The house took two years to build and cost $50,000, a startling difference from the estimated $8,000 on the building permit. Strangely scant records describe the construction.
- Alice Hopkins moved to Saskatoon with her husband in 1905. Active in the Military Order, IODE and Knox Church women's groups, she hosted grand garden parties. Both William and Alice were business and social leaders. They had two children; a girl, and a boy killed during WWI.
- William died at home in 1935. His widow remained for a time, but in 1938, the *StarPhoenix* reported the house was turned into apartments.
- Joseph and Thomas Isherwood bought the house in 1937 and converted the home to four suites at a cost of about $2,000. It became known as Evergreen Lodge.
- From 1938 to 1959, however, Henderson's Directory lists six rarely vacant suites.
- The Oblate Fathers of Mary Immaculate purchased the home in 1960. It became De Mazenod Hall. Larger rooms were partitioned and bathrooms added.
- In 1982, Adrienne Frame bought the 38-room house and began a painstaking restoration to return the house to its original state, with 27 rooms and 1910 décor.
- In 1989, Jim Underhill, a prominent eye surgeon, purchased the home. Some structural and cosmetic renovations were done. A pool, back deck and landscaping were added.
- Current homeowner Jenny Underhill moved into the house in 2004. The kitchen and master bedroom were redone, a new roof added and some structural and cosmetic changes were made. In 2015, she began restoration of the front portico and side verandah, and replaced the ionic columns. The project was completed in 2016.



Recent homeowners have restored and preserved much of the grand elegance inside.





to come down before they became dangerous."

She noticed that the wooden pedestals the columns rested on were starting to rot, too. There had been some patching over the years, but the landing was also wood and had started to sag.

"My fear was that the whole thing was no longer stable. I felt the work really needed to be done by a commercial company since this seemed a bit out of the realm for residential contractors." The job, she added, had to be in keeping with the home's history.

"This is not the type of house where we can take liberties," Jenny says. "I love modern architecture, but this is definitely not the house to do that with. I think doing anything other than a replica would have just looked odd, and a lot of people who love this house would have been very upset."

### The Challenges

Chris Popplewell of Strata Development had done some work at the W Law Group where Jenny is a partner. She got to know Chris, and saw the work he completed on his own character home renovation, recently featured in *Saskatoon HOME's* Summer 2016 issue. She appreciated the passion and ➤



Photo: Lillian Lane



The disintegrating columns come down.

Photo: Strata Developments

attention to detail he took with a character renovation and felt that Strata would be a good fit for her project.

Chris and Jenny immediately settled on two primary goals. One, both materials and design would be as maintenance free as possible. And two, the end result would look so completely original, people would assume it had been there for 100 years. Only those with a very discerning eye would know there had been a restoration.

"We were thrilled to take on the challenge," says Chris. "But we also realized that there were so many variables, and it did involve quite a leap of faith to commit to the full restoration. It was a large financial commitment. When taking a leap of faith, it's easier when it's your own home and chequebook. When it's someone else's historical home and resources, it does add a level of stress and complexity."

Chris wanted the columns replicated exactly, which meant each 19-foot pillar had a 20-inch circumference at the base, tapering to 17 inches at the top. Sourced in Georgia, ➤

## OTHER NOTABLES BY ARCHITECT DAVID WEBSTER (1885–1952)

Born in Scotland, he moved to Saskatoon in 1908. He favoured a 'Collegiate Gothic' style for school buildings. While some prime examples of his architectural design have been demolished, other significant works still exist in Saskatoon. Among them:

- **Schools:** Caswell, Albert Public, King George, Westmount, St. Mary's, Buena Vista Public, Nutana Collegiate (1919 addition), St. Joseph's Elementary Catholic (now Oskayak High School).
- **Commercial and Residential:** McPherson Court, Webster Block, Kewanee Apartments, Cambridge Court Apartments, Hoeschen House, Saskatoon Cartage and Warehouse Company, Hub City Brewing Company, Davis Dairy, Broadway Theatre, First Baptist Church, Modern Press Building, Grace-Westminster United Church, Sheptytsky Institute.





Photo: Strata Developments


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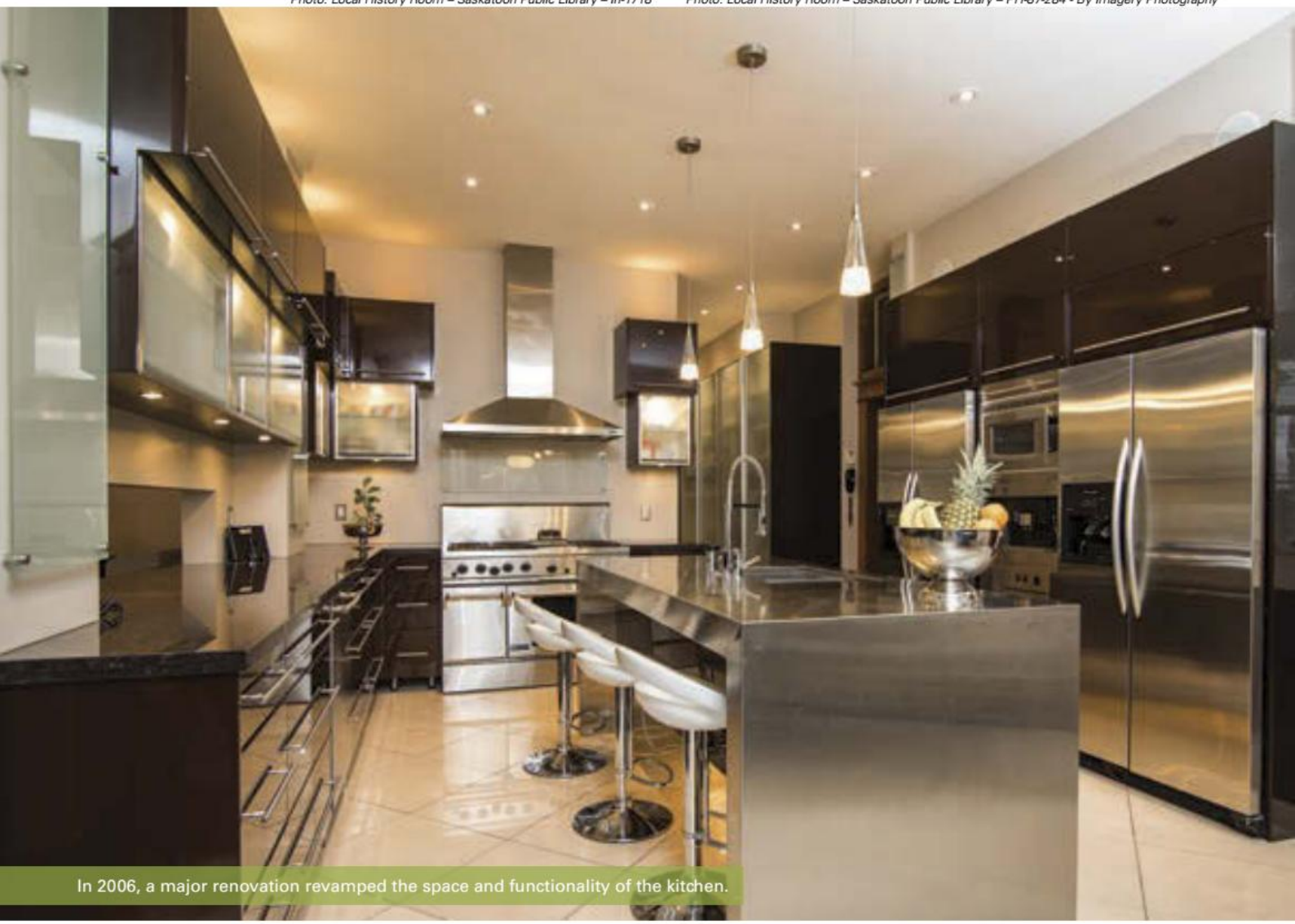
1912, the year the home was completed. It was built for Saskatoon's first mayor, William Hopkins.

*Photo: Local History Room – Saskatoon Public Library – lh-1718*



1982. Notice the change in the detailing above the door. This change was made between 1981 and 1989.

*Photo: Local History Room – Saskatoon Public Library – PH-87-284 - By Imagery Photography*



In 2006, a major renovation revamped the space and functionality of the kitchen.



2016. The new columns and lovingly restored entryway replicate the original vision of architect David Webster.

*Photo: Lillian Lane*

## HOPKINS HOUSE HAS PROTECTED STATUS

Catherine Kambeitz, Heritage and Design Coordinator, City of Saskatoon, notes that the Hopkins House is listed under Bylaw 6770, commonly called the Holding Bylaw. Any property listed under this Bylaw cannot be granted a demolition permit (i.e., cannot be demolished) for 60 days. This allows for discussion to take place. While the Hopkins House is not a designated heritage property, it has some protection.

the new columns are glass-fibre reinforced concrete, each 1,000 pounds. The ornate carved wooden capitals at the top were reproduced in PVC. But first, the old had to go to make way for the new.

"The scaffolding was put in place and we held our breath as one by one the columns came down," recalls Jenny. "One of them simply disintegrated before our eyes. That really reinforced my belief that we were doing the right thing. Oh my goodness, how much weight had that been bearing?"

A lot, says Chris. Shoring up the roof above took a good deal of engineering expertise.

"The columns were load-bearing, so we had to work out how to shore up the entablature, that canopy on top, while we removed the columns, stairs and the rest of the front portico," Chris says. "Another big challenge, because the new columns are so heavy, was slinging them into position under the entablature above the new staircase foundation, rotating them and sliding them into place with about a half inch clearance," recalls Chris. "That was both exciting and nerve wracking."

### One Reno Leads to Another

At one time, the Hopkins House was flanked on either side by verandahs with second storey balconies. Railings ➤



had encircled the house and hundreds of wooden balusters had been hand-turned in 1910 at a cost of about one dollar each. Only one verandah remains and the wood railings were also beset by rot. While Strata worked on the façade of the home, Jenny "did the economies of scale math" and asked that verandah balustrade (railings), columns and capitals, all in poor condition, be replaced, too. These smaller columns were made in PVC, so are much lighter and less expensive that the large ones at the front.

As was the case with the front landing and steps, concrete was poured and covered with Indiana limestone, a material used on the home when it was first built.

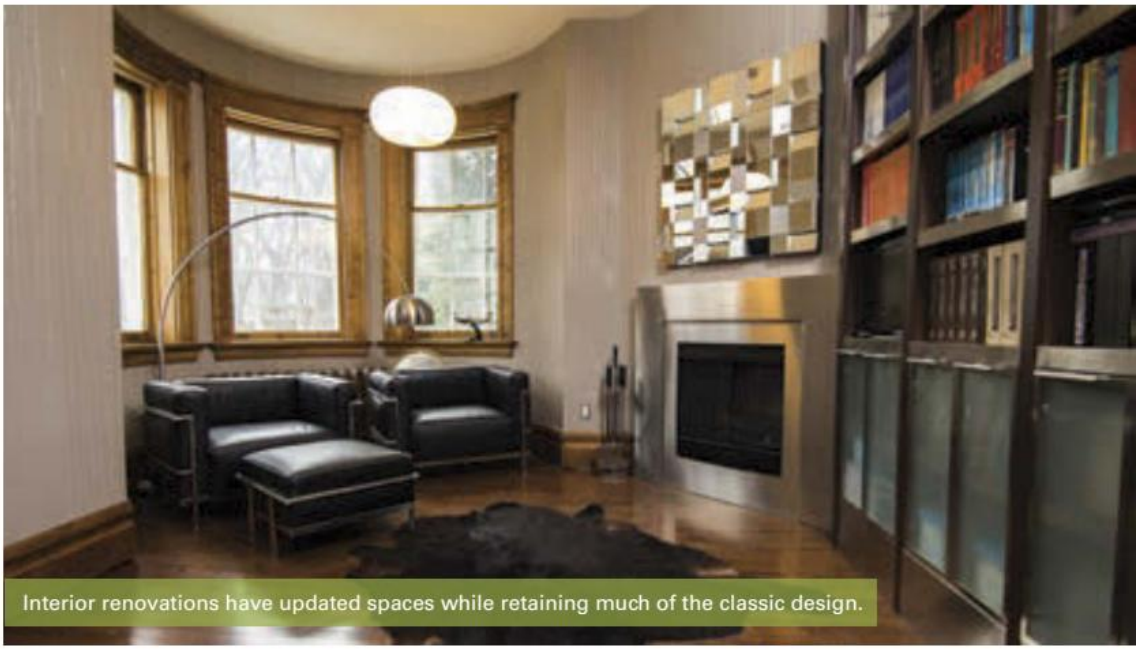
**A Steward of Heritage**

"Strata was very sensitive about my desire to make the house look exactly like it once did. For selfish reasons, I don't want to have to worry about this again, but I also wanted to keep the heritage intact," Jenny explains.

Stonework also played an important part in achieving this. Rocco Masons salvaged and reused as much of the original brick as possible to replicate the historic look.

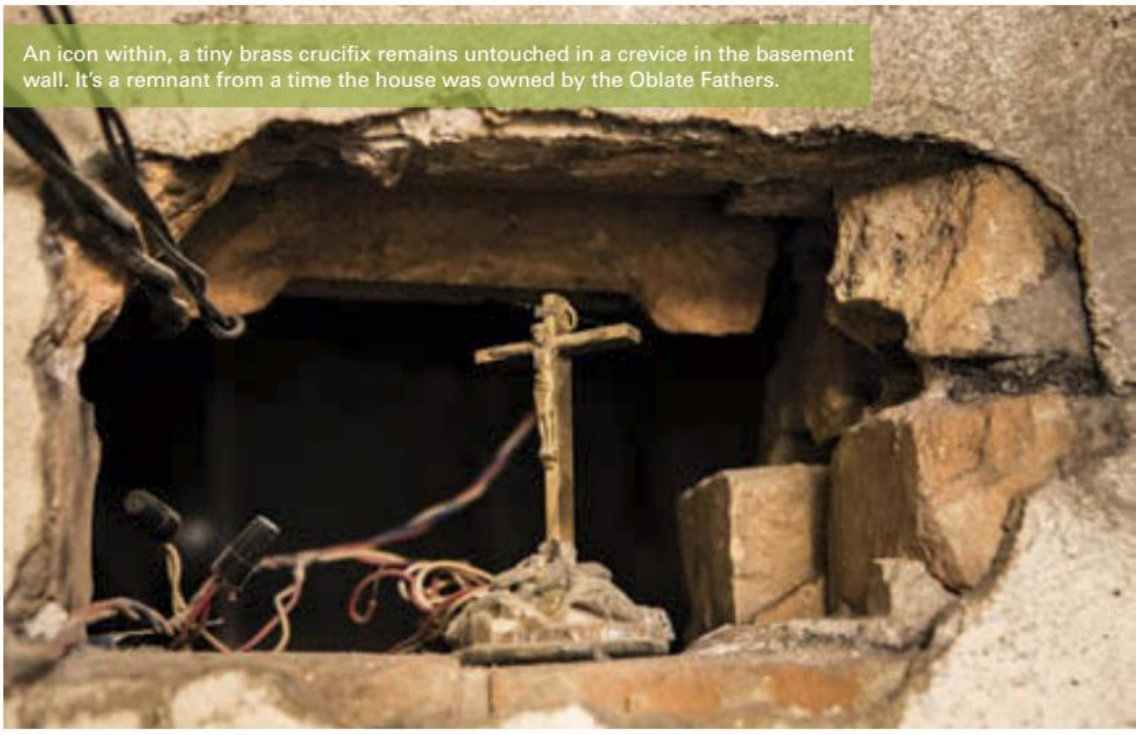
"It's been 106 years, and now we're okay going into the next century. Homeowners in years to come won't have to worry about the columns coming down on their heads." Jenny smiles. "Maybe I'll be a tiny footnote in the history of this home and they'll be happy that I took on this project. But really, it's not about that. We love this house, so it was about doing it right."

*Karin Melberg Schwier*



Interior renovations have updated spaces while retaining much of the classic design.

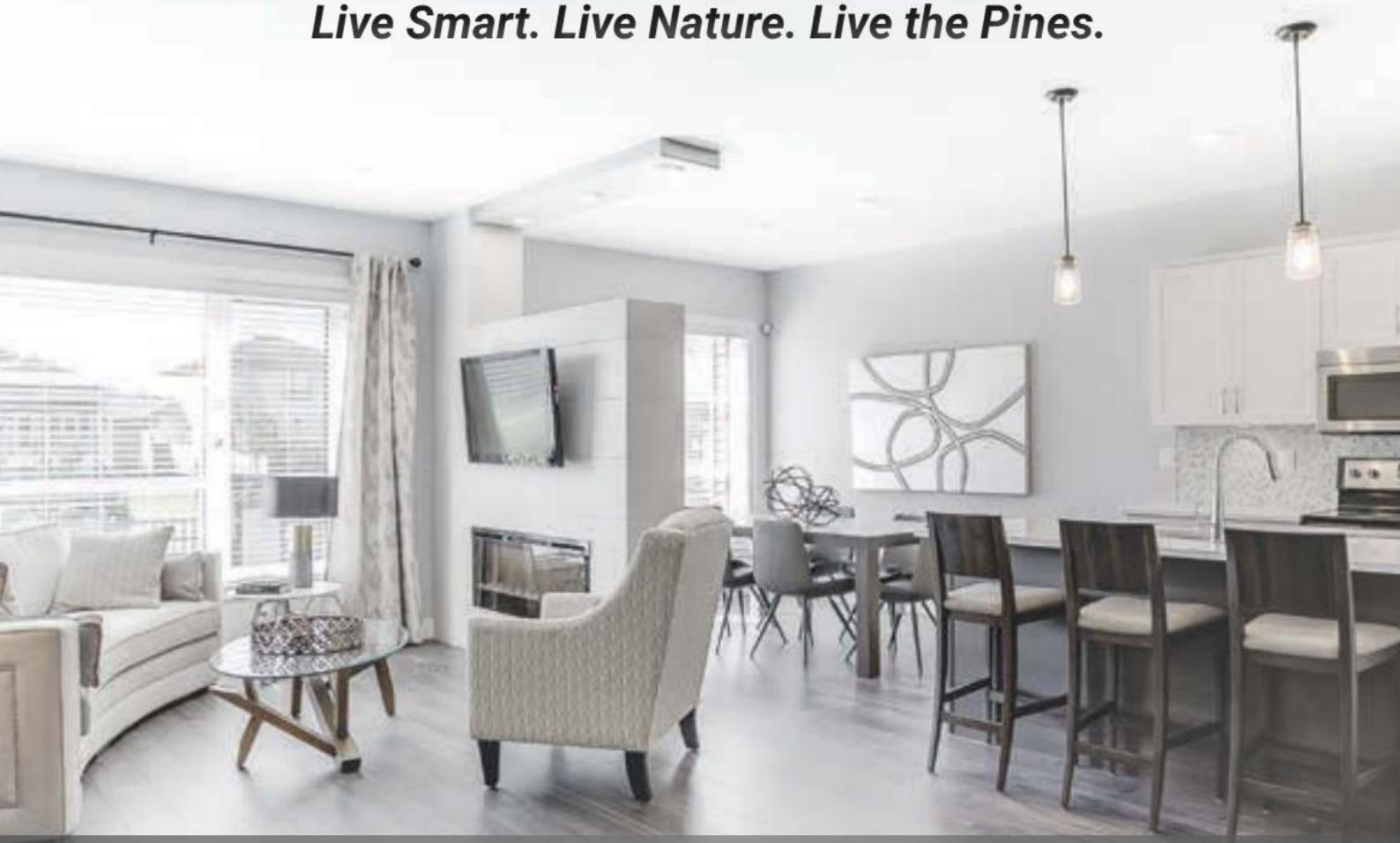
*Divine intervention? Perhaps more than a little luck kept the Hopkins House columns standing for 106 years despite their precarious condition. In the 1960s when the Oblate Fathers of Mary Immaculate owned the house, the order built a small chapel addition at the back overlooking the river. And a tiny brass crucifix sits untouched in a little hole in the basement brick wall. "We've always thought maybe it's what keeps the furnace and all the mechanical systems running smoothly," Jenny laughs. "I have never moved it and there are no plans to!"*



An icon within, a tiny brass crucifix remains untouched in a crevice in the basement wall. It's a remnant from a time the house was owned by the Oblate Fathers.

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# NOT YOUR GRANDMA'S WALLPAPER

## From Economical to Opulent



Studies show that right up there with politics, religion and turn-taking for visits to in-laws on major holidays, wallpaper was sent by the gods to test to fortitude of a couple's marriage. In the old days, a dinner party host announced, "We did the wallpapering ourselves." Nodding in reverence, guests knew they were in the presence of a partnership that could withstand any storm. Today, the evolution of this wall covering has made application—and removal—much easier. Selection is almost limitless in a range of prices, and designers are encouraging people to rediscover this great way to add wow and dimension.

"Wallpaper is a great way to personalize a space, as well as gives a basic builder's beige room a much more custom feel," says Daniel Dalman, design assistant with Atmosphere Interior Design. Developments in technology have virtually removed the stress the mere mention of the word wallpaper used to inspire.

"Today's wallpaper is a must for any designed space," Daniel says. "When used in a smart



Photo: Phillip Jefferies, Courtesy of Crown Wallpaper Canada

KARIN MELBERG SCHWIER

way it can elevate your room to magazine-worthy style."

**No More Tears**

"You grew up hearing your parents say they will never wallpaper again," he adds. "They spent days removing it when they bought a house or renovated a room. People still assume wallpaper must be a bigger commitment. If only they just painted a wall, it wouldn't seem like such a huge challenge."

Gone are the tears-invoking tubs of gluey, watery mess and the calisthenics required ➤



Photo: Phillip Jefferies, Courtesy of Crown Wallpaper Canada



Photo: Conscious Studios Design By: Atmosphere Interior Design



to unfurl a wet roll of paper over your head, hopefully in a straight line. Remember pricking those infuriating bubbles with a pin, the stubborn ones that refused to be squeegeed out?

"It's now easier to apply and, more importantly, easier to remove if you change your mind. Thanks to sealants like primers and paint, many new wallpapers allow you to apply the adhesive applied directly to the wall first, then the paper is put up—not even necessarily on the same day."

**Never Out of Fashion**

Curtis Elmy, principal designer with Atmosphere, says quality wallpaper has never fallen out of fashion with designers. It's always been an excellent element that can elevate an entire room, a single wall and if a client feels they can't quite afford a big application of the wallpaper they love, it can be used in small ways to add style, colour and glamour. He encourages people to take some time to understand the product and adjust expectations.

"Your expectations for wall-



Photo: Kravet Canada

paper have to be a little more flexible. They can't be quite as high as you might have with other materials because, after all, it is paper," he says. "When you get into really heavy patterns, it's very difficult to get it perfect when walls aren't completely smooth or straight. If you have an older house with plaster walls, pick a paper that will be appropriate for that circumstance. If you've got a bad, banged up walls, go with a heavier texture or maybe a textured paint instead."




Consumers need to understand the product they're buying, says Curtis.

### The Trendy Bandwagon

Curtis cautions that being "trendy" can be a way to create spaces without much staying power. By buying into the hottest trend of the moment, the space becomes dated more quickly. While spaces and tastes constantly evolve, picking what you love and choosing well executed designs, you can avoid decorating hangovers.

"Following a trend isn't a bad thing if it's something you love," advises Curtis. "The magazines are showing you what's available now and it's flooded the market. Know that it won't be unique and people may well associate it with that TV show, or the magazine, and your neighbour two doors down may have the same thing."

### Price Doesn't Always Equal Quality

If you buy something popular and easily accessible at a big box store for $24.99 a roll, it doesn't mean you shouldn't buy it, Curtis adds. Just understand that it's mass-produced and there is a chance of lower quality. Curtis sympathizes with home builders and renovators who are faced with a vast array of choices.

"It's hard as a consumer to make good choices because you don't know what to believe any more," he says. "Don't let the sticker shock tell you that it's good. When you buy into a trend, the worst pair of jeans can cost the most money."

A few examples of some Atmosphere favourites show the range in prices per roll in higher-end products.

- Cole and Son Hick Hexagon, $264.00.
- Thibault Grasscloth Sachon Basket, $280.00.



Photo: Kravet Canada

- Thibault Bankun Raffia (a vinyl look-alike grass cloth), $297.60.
- Meredith Heron, $194.40.
- Phillip Jefferies Shine Oxidized Leaf, $596.00 (*per yard*).

**Wallpaper 101**

Typically wallpaper is sold in double/Euro rolls, about 11 yards long.

"Sometimes it's priced by the single roll, which is five and a half yards, but sold by the double roll," explains Daniel. "That can causes a lot of confusion if you are buying it online, or at a store where you don't have any guidance."

It comes in three widths: 20–21 inches wide, 32 inches or 52–54 inches, the latter usually for commercial applications. Picking a wider paper, Daniel notes, means dealing with fewer seams.

Whether you apply it yourself or hire an installer, a ➤






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## WALLPAPER DO'S, DON'TS AND OTHER CONSIDERATIONS

- Do take your time. Do find an inspirational picture online or in a magazine, and take a hard look at it. Is it really the wallpaper you love, or is it the windows or the moulding, or simply the way the whole project comes together?
- Do a little research. What's the function of the room? Do you have children? Grasscloth is probably not the best choice in the bathroom or kids' playroom.
- Do try a small project. Order the sample, or order one roll. In a bedroom, maybe start with just the headboard wall. Use it on a dining room table and cover with glass.
- Do live with it for a while. If you don't love it once you get it in the room, maybe it means changing your draperies or carpet.
- Don't give in to your financial fears. Quality wallpaper can be an investment, but good paint is not inexpensive either, so the difference may not be as great as you think.
- Don't do borders. Just don't.

powder room is a perfect spot to dip your toe in wallpaper if you're unaccustomed to it.

"You can make an amazing impact in a powder room. In the master bedroom or child's bedroom, just to do the headboard wall," Curtis says. "It'll look great as long as you pick co-ordinating colours for the other walls. You can't really use neutral colour on three, then do a dramatic pop with paper on the fourth and expect it to make sense. Something has to be pulled from the paper so the other walls work with it."

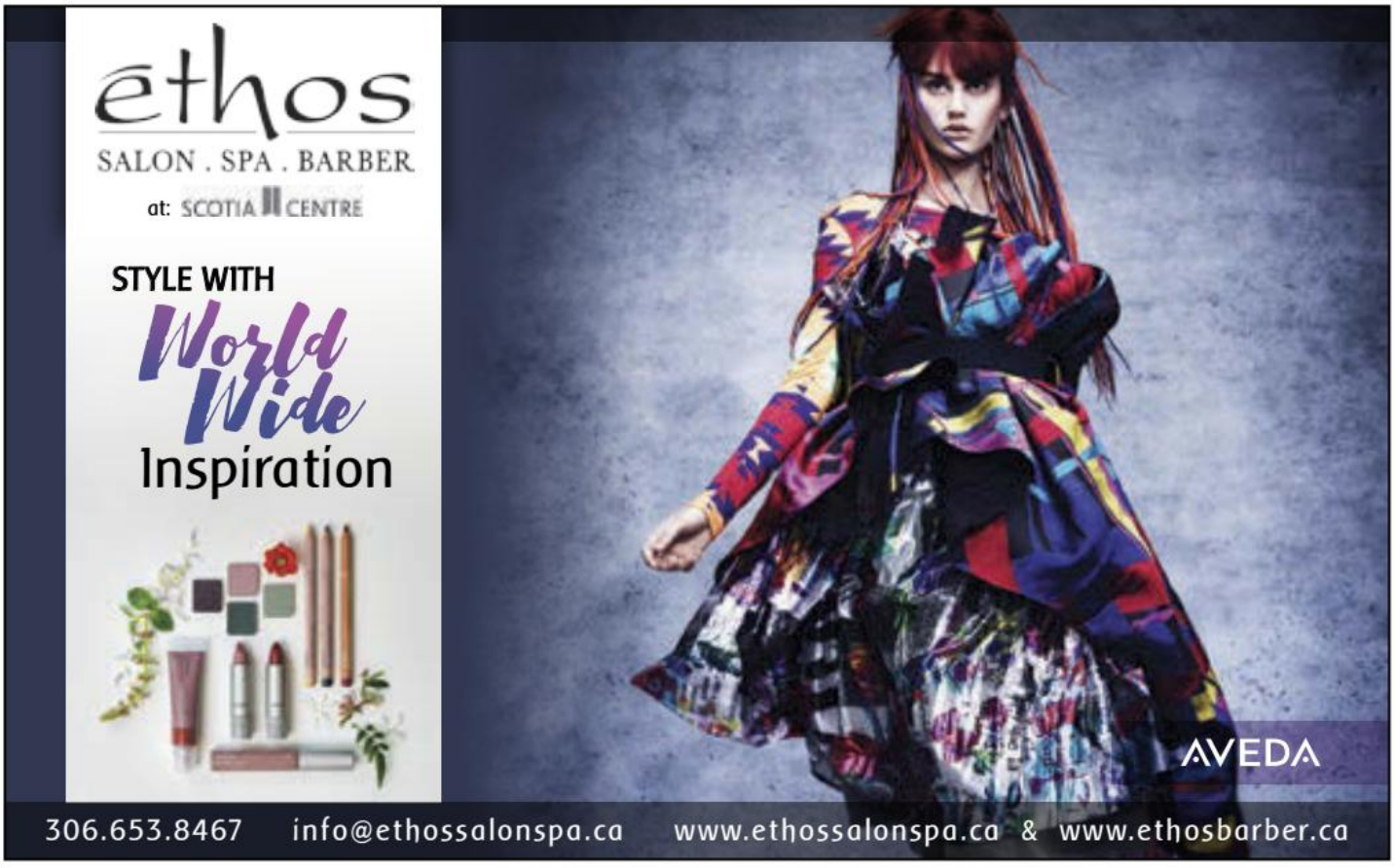
### Think Outside the Box

Wallpaper on walls isn't the only thing that's going to make a room look great.

"It's a jumping off point, it's the inspiration, it's the finishing touch," says Curtis. "It's a matter of putting in the effort to make it all work. Wallpaper may not be just the for walls. Maybe you frame sections of it. Foils and metallics add a real dramatic effect to ceilings. Line the backs of your cabinets. If you've got an old buffet with glass doors, lining those with a beautiful wallpaper can be a huge wow factor."

The beauty of design across the realm is not just in picking nice things, Curtis reminds clients, but also in figuring out how they work together. The genius of great design is how to do something different to make beautiful spaces.

*Karin Melberg Schwier*



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# ROCKIN' RENOVATION

## Inside the Home of a Geology Professor

When Brian Pratt started thinking about renovating his Nutana Park home, he had rocks in his head. But in a good way.

A professor of geological sciences, Brian tackled a few small renovations in his 1,100 square foot mid-century modern bungalow, followed by a major kitchen blow out, and throughout, he combined passion and profession. As he describes his front step, fireplace mantle, bathroom and kitchen transformation with its jaw-dropping—and theory challenging—countertop, it's not so much a home décor conversation. More like a grad student seminar on, say, the dynamics of ancient epeiric seas, deciphering limestones, dolomites and evaporites found in continental interiors. I know. But in a good way.

*"I'm the guy in the airport down on my hands and knees, taking pictures of the tile floors. I've had the cops come over to ask what I'm doing. Other people take pictures of their food, I take pictures of stone." – Dr. Brian Pratt*

### Earth Tones

When Brian started with his home improvements, he insisted materials "had to be geological to get into the



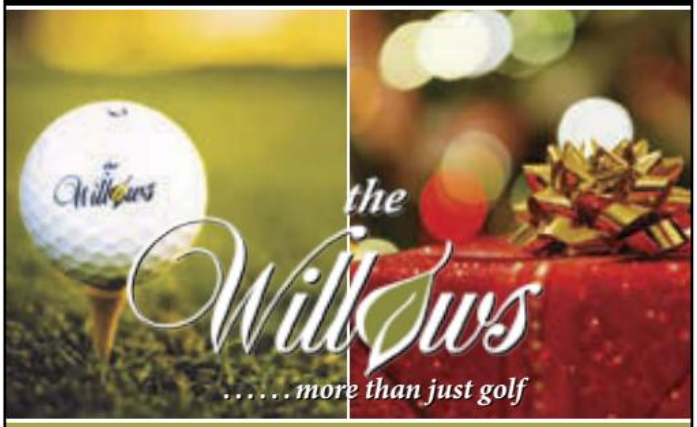
KARIN MELBERG SCHWIER APPL PHOTO

house." Stone, tile and fossils were his 'must haves' when it came to choosing décor elements. He began with a DIY tile surround feature for his unadorned wood-burning fireplace, a focal point in the home both for heat and beauty.

"I love the fireplace and I burn a lot of scrap wood. In fact, just about every bit of wood taken out of the house during various renovations has ended up as firewood." The hearth incorporates Fossil Brown limestone from southeastern Morocco, Late Devonian period, about 365 million years old. The reddish marble tile bracketing the hearth to the floor is Rosso Ammonitico from northern Italy near Verona.

"You see this limestone ➤

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all over northern Italy," Brian says. "It is Jurassic in age, about 155 million years old. It's one of my favourites."

The tiles of Croatian brown limestone, called Rasotica, from the Cretaceous period, are about 150 million years old. Brian enjoys tossing in a piece of wood and taking a moment to examine the fossils visible in the tiles.

"It's brown because of oil," Brian explains. "If we broke a piece, you'd smell petroleum because there's unmigrated oil in it. It's full of fossils. That's the ocean floor cut horizontally so you're getting a snapshot of the ancient sea bottom."

Many of the materials Brian has incorporated are sourced online from exotic locations and through stone suppliers. While all the fireplace limestone was deposited in ancient tropical seas, some finds are more mundane. Two offset white tiles from China, full of fossils from the Permian period, are about 260 million years old. Brian picked them up at Home Depot.

The fireplace project was followed by the front stoop, with its Hispanic theme using talavera tile from Mexico. He incorporated these Spanish-influenced clay tiles with a personal touch: a friend hand painted a few tiles with happy trilobites, a group of fossil marine arthropods that went extinct, to welcome visitors.

### Bathroom Antiquities

When Brian acquired the vessel sink for his bathroom, it was probably the most obvious display of the little creatures that have captivated his attention for decades. The Fossil Black stone from Morocco used in the sink is littered with the fossils of nautiloids from the Silurian period, about



420 million years ago. They are the hard shells made of calcite and aragonite in which a squid-like animal lived.

"I like them because they have a beautiful geometry and are so intricate when looked at close up," Brian says. "They were aligned by bottom currents. There are a lot of things about the environment in which they were deposited in southern Morocco that we don't understand. So it's inspirational just to brush one's teeth."

The shower wall is basalt, and the grey limestone floor is called Loire, from central France, Jurassic, about 170 million years old.

"The vanity top is a gabbro, similar to a basalt but coarsely crystalline," says Brian. "I don't know the origin, but both are igneous rocks. The basalt erupted more or less at the surface from volcanoes or vents, while the gabbro is like a granite, cooling slowly in the crust under volcanoes or vents."

### The Kitchen Evolution

For the kitchen redesign, Brian selected Equinox Home Innovations as his contractor. Having used them earlier for window replacement throughout his home, he happily decided to work again with Ruben Beattie and Curt Leggett.

"If you have a house pre-1995, the kitchen is probably small, and today's trend is toward a more functional kitchen space. That's not a fad; that's a functional reality," explains Curt. With a plan to open up his 1960s kitchen, Brian was looking for more light, more open main floor living and a continuous flow between spaces. A fan of "feeding visitors," Brian wanted to be able to see ➤

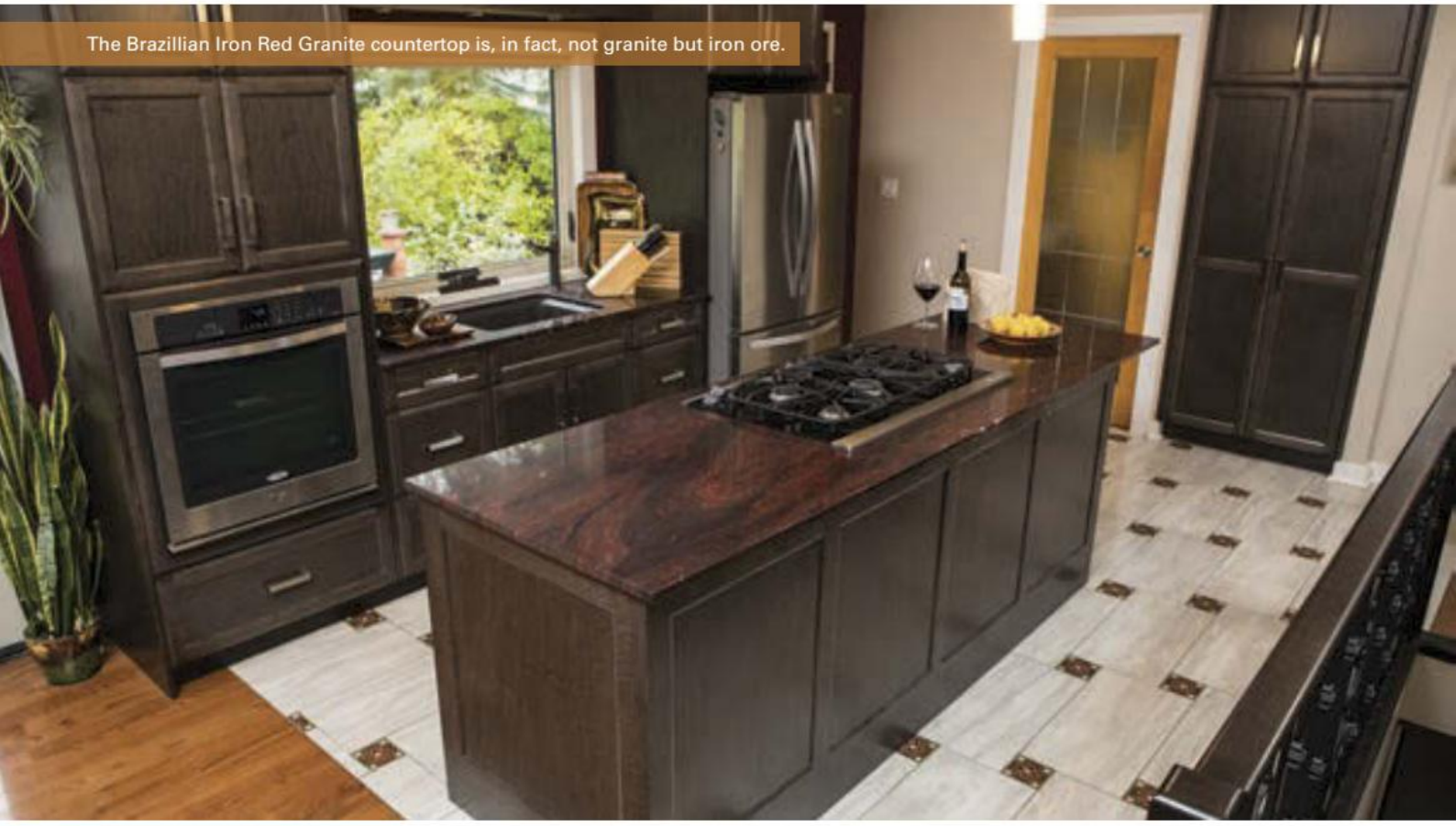


Brian's bathroom sink is Fossil Black stone from Morocco, littered with fossils of nautiloids, about 420 million years old.









The Brazillian Iron Red Granite countertop is, in fact, not granite but iron ore.



Spanish-themed talavera tile from Mexico was used on the front step. Included are two welcoming trilobites, hand-painted by a friend.

his guests while he cooked.

"We understood him as a customer and as someone fascinated by rocks. We embraced his creative nature and his attention to the earth," says Ruben. "Because he's travelled throughout the world as a geologist, he's been exposed to a lot of materials. He knew exactly what he wanted and we were able to source a lot of it for him." Equinox handled the challenge of working with unfamiliar materials and off-site suppliers.

### Countertop: a Scientific Exploration

The showstopper in Brian's kitchen is the Iron Red Granite countertop, a mesmerizing piece of stone that, in fact, is not granite but iron ore. It looks like it should hang in an art gallery. It's a banded iron formation (BIF) from south-eastern Brazil. In fact, sections cut out for the stovetop and sink will soon hang as teaching tools in the Geology Department at the University of Saskatchewan, and at Mount Royal University in Calgary.

"I'm just crazy about this stuff," Brian says. "It comes from the region of iron mines called the Quadrilátero Ferrífero, the iron district, of the state of Minas Gerais. It is late Archean in age, about 2.4 billion years."

Like most stone, this BIF is beautiful to look at, but it also represents a significant and changing school of geological thought. BIF developed on earth more or less once and never again, when conditions were just so. What is visible in slabs like Brian's countertop challenges textbook theories about what happened on the planet at the time.

"It was deposited in a deep marine basin during an episode in earth history when most of these iron deposits formed and the atmosphere and oceans had very little free oxygen," Brian says. "What we have long taught students is really a dogma, that the iron in seawater 'soaked up' whatever oxygen was produced by photosynthetic bacteria, and oxygen did not start to build up in the atmosphere until most of the iron was oxidized." But, Brian adds, some geologists now think this is incorrect.

"A lot of the iron in the form of magnetite precipitated a long time later, from hot fluids that circulated through the rocks," Brian says. "I like looking at this stone with the thought, 'Houston, we have a problem,' which is one reason why geology is so much fun and why this countertop is so inspirational to me."

### Written in Stone

"When you talk about a custom reno, this is really it," says Curt from Equinox. "This was custom tailored to Brian's unique personality and profession. Some of the stone we worked with is brand new to us. I've never seen anything like his countertop before; it's really a fantastic conversation piece."

Anyone who attends a dinner party at Brian's house doesn't have far to look for topics to chat about. The rock surfaces around the house and what might be beneath an appetizer tray or a wine glass are antique to the greatest extent possible. Most likely, those surfaces not only contain the ancient creatures of Brian's fascination with fossils, but also what begs examination of the interrogative trinity: what? how? and why?

*Karin Melberg Schwier*

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# 'TIL RENO DO US PART

## Keeping Your Relationship Together While Your Home Is Coming Apart

What springs to mind when you think about home renovations?

Scrubbing the breakfast dishes in the bathtub? Excessive waffling over marble hexagons versus a subway tile backsplash? Balancing Restoration Hardware tastes with an IKEA budget? Perhaps you're an optimist who simply envisions the idyllic end result—a welcoming home that's perfectly suited to your tastes.

But what happens when you're just one half of a cohabitating couple? Perhaps your style skews modern and minimalist while your partner is an ardent maximalist. Clashing tastes and stretched finances are bound to collide when you're pulling your home apart at the seams.

"Even for the most seemingly together couples who have things going fairly smoothly in the relationship, a reno is bound to bring up each party's characteristics that may be more difficult to deal with," says Joanne Brothwell, a therapist and professional coach with Crossroads Therapeutic Solutions. She has counselled a number of ➤





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couples who've encountered renovation-fuelled relationship strain. "A renovation is an added stress, and it's a new dimension in the relationship that brings problems in the relationship to the forefront."

A successful renovation starts with meaningful conversations before you pick up the phone to interview contractors. Don't want your relationship to disintegrate over a disagreement between a Godmorgon and a Lillången vanity? Read on to ensure you're not bankrolling your own break up.

### Write a Mission Statement

Joanne advises her clients to remember that their relationship is central to their emotional well being, and their house is merely a material possession. "I remember saying to a couple, 'What's more important right now—your relationship or that chandelier?' Sometimes people can get really mired in those arguments about trivial material things." She asks her clients to write a mission statement for their project to ensure the focus remains on the bigger picture. An example she shares is, "We are renovating our home to create a warm, relaxing environment for our family."

### Have The Money Talk

"Money is a huge area of tension in most relationships which makes clarity around budget all the more critical. Have an honest, realistic discussion about budget," she says. "Have your budget and timelines clearly set so there is less room for error." She explains that unforeseen expenses often arise during a renovation, but if both parties are on the same page, with an agreed-upon budget in place, "it will decrease the opportunity for disagreement." ➤

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### Decision Making, Inclusion and Contribution

Before you pick up any paint swatches, you need to have a conversation about how you make decisions as a couple. "It would be unfortunate to find out after you've started making the calls, that one party seems to believe they should be the head decision maker, as opposed to it being a collaboration and a joint partnership," says Joanne. "How you make decisions is really important. Especially if you have competing ideas."

She adds that although one partner may have more ability or experience in a certain area, both parties need the opportunity to contribute their ideas, expectations and goals. The most successful projects involve inclusion and contribution, she says, "even if it's as simple as helping to clean up the other's worksite."

### Prioritize Wants and Needs

This starts with understanding and considering each partner's wants and needs, and assigning a weight to each of them, says Joanne. This helps clarify priorities and simplifies decision-making.

"For example, if one spouse does manual labour, they may really want a soaker tub to help them ease their tired muscles at the end of the day. Or, perhaps the couple enjoys



entertaining, and having a dual convection oven would make this easier and more enjoyable. These considerations should have more weight in the decision making."

During this discussion, remember that it's normal to have divergent opinions, says Joanne. "Don't expect your priorities to be your partner's priorities, and more importantly, don't be offended if they don't feel passionate about the same things you feel strongly about."

**Cooperate and Collaborate**

"If you can go into a renovation with a spirit of cooperation and collaboration, the outcome on the relationship will be considerably more positive," says Joanne. "Leverage each partner's individual strengths. If one person enjoys the aesthetic aspects of decorating, that partner should be given more of a role in that area. Conversely, if the other partner prefers to price compare and research online, then this can be their leveraged asset."

She reminds her clients that each partner wants to contribute in a meaningful way. The best way to achieve this, she says, is to "give each other encouragement, support and praise for the things they are naturally good at."

**Stay Positive**

Staying positive and practicing clear, open and civil communication throughout the renovation is crucial to maintaining a strong relationship, says Joanne. "Practice your active listening skills and make sure you truly understand your partner's point of view. Be open to discussion and feedback, and avoid the four deadly pitfalls of communication." According to therapist and relationship researcher John Gottman, these pitfalls include criticism, defensiveness, contempt and stonewalling.



Joanne also invokes psychologist John Gottman's research on positive and negative interactions between couples. "He talks of the importance of keeping communication a very specific ratio of five positive interactions for every one negative. He has been able to predict divorce with startling accuracy, and he found that if people are able to maintain this 5:1 ratio, their relationship fares much better."

*Julie Barnes*




# THE ART OF SLEEP

## More Than Just Counting Sheep

We've all heard our fair share of advice for getting a good night's sleep: Limit screen time before bed. Invest in a good mattress. Let the soothing sounds of Bon Iver lull you to la-la land. (OK, I made that last one up, but it sounds legit).

Given the ubiquitousness of sleeping tips today, why are so few of us actually getting the zzz's we need to lead a healthy life?

Sleep educator and fatigue management specialist Carolyn Schur says one of the problems is that we don't value sleep—but if we understood its importance, we'd make it a priority. "I'm trying to get people to choose sleep before chores. Unfortunately, in our society, we tend to choose chores before sleep."

### The Golden Standard

According to the National Sleep Foundation, there is some variability (especially among age brackets) when it comes to how many hours of sleep we need.

"The golden standard for adults, however, is between seven to eight hours of sleep on most nights" says Carolyn. "There is a lot of data now that shows adults who get between seven to eight hours of sleep not only have the best ➤

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outcomes in terms of good health, and are least at risk for illness and injury, but they also have the longest lifespans." Once you have less than seven hours, the possibility of having a health dysfunction of some kind is greater.

#### Night Owls and Early Birds

"One of the reasons some people don't get enough sleep has to do with what's called circadian type," says Carolyn. Essentially, it's whether you're a night owl, an early bird or somewhere in between. "Night owls are more affected because in our society, we believe it's a good thing if you're up at 6 a.m. In my research, they make up 25 per cent of the population and are always going to be sleep deprived if they have to wake up early for work."

And it's not as simple as telling a night owl to go to bed earlier, Carolyn says. "Sleep is your default, but it works on its own time mechanism." We don't get to choose which camp we fall into—our circadian type is driven by our physiology.

#### Effects of Sleep Deprivation

Carolyn explains that sleep is a primary driver of health. "When we are sleeping, our brain is regenerated so that we can be alert. Our immune system is supported so that we're not catching everything that's going around." Generally, with sleep deprivation, "one of the first outcomes is a kind of really low-grade depression, and it's because you don't have energy. You don't feel motivated."

Often, when we don't get the restorative sleep our body needs, our immune system suffers, our blood pressure rises and we become type-2 diabetics, says Carolyn. The long-term effects have more significant health consequences, including increased risk of heart disease, stroke and cancers.

If that weren't enough reason to get your 40 winks, consider that sleep deprivation isn't just bad for your health, it's dangerous. "When we are very tired, we are mentally fatigued, and it's mental fatigue that causes poor judgment and increases the risk of accidents," Carolyn says. "Someone who has missed a night of sleep is beyond .08 in terms of their impairment."

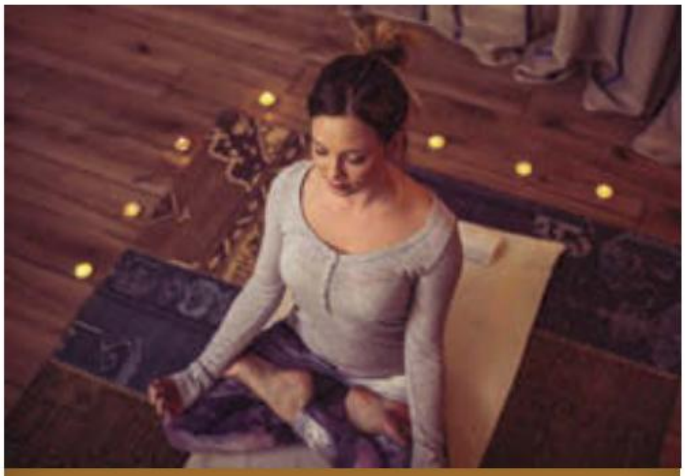
In her work, Carolyn presents on topics such as fatigue management. "I say, 'impairment is impairment is impairment,' and, 'you wouldn't jump into your truck if you'd had half a dozen beer, but you lose a night of sleep and you think nothing of getting in your truck and driving.'"

#### Protecting Sleep

As much as she advises clients to "choose sleep," Carolyn also advocates for protecting sleep. "Protecting sleep means avoiding interruption so anything you can do to minimize noise," she says. Barking dogs and blaring sirens are a fact of life in urban areas, and we can try to tune them out with white noise or earplugs.

Our body's sensitivity to light is another big factor, and the degree of sensitivity varies from person to person.

"We now live in a society, especially if you're in an urban area, where light is starting to be considered a pollutant," she says. "Any kind of light is an indicator to the body to wake up. So, when you've got light coming through your windows



## SLEEP AND STRESS

Stress is a common factor that keeps us awake at night. If it's keeping you from drifting off to dreamland, Carolyn has a few tips that can help.

- About an hour before bedtime, write down all the things you need to take care of in the morning. Transferring your mental to-do list onto paper can help relieve your spinning thoughts.
- If you're angry or frustrated about something, write it down before bed, says Carolyn. "My very unscientific term for it is 'dumping.'" It doesn't need to be eloquent, it just has to get out of your head.
- "Yoga stretches are great," says Carolyn, adding that taking a bubble bath, or listening to calming music are also helpful ways to relax and transition to sleep. Simply Googling "music for sleep" will turn up a number of options.

and off your electronic devices, that's going to interfere with your sleep."

For shift workers, avoiding sunlight as you head home after a night shift is vital, as it signals the body to stay awake. "You need to go home and go to bed, so we recommend you wear very dark sunglasses when driving home."

### Napping

When you have a 20-minute nap, you're just getting a 'booster. "The pressure to sleep builds up the longer you're awake," says Carolyn. "A short nap takes the pressure off so you're not as sleepy, but you're not reaping all the benefits sleep provides."

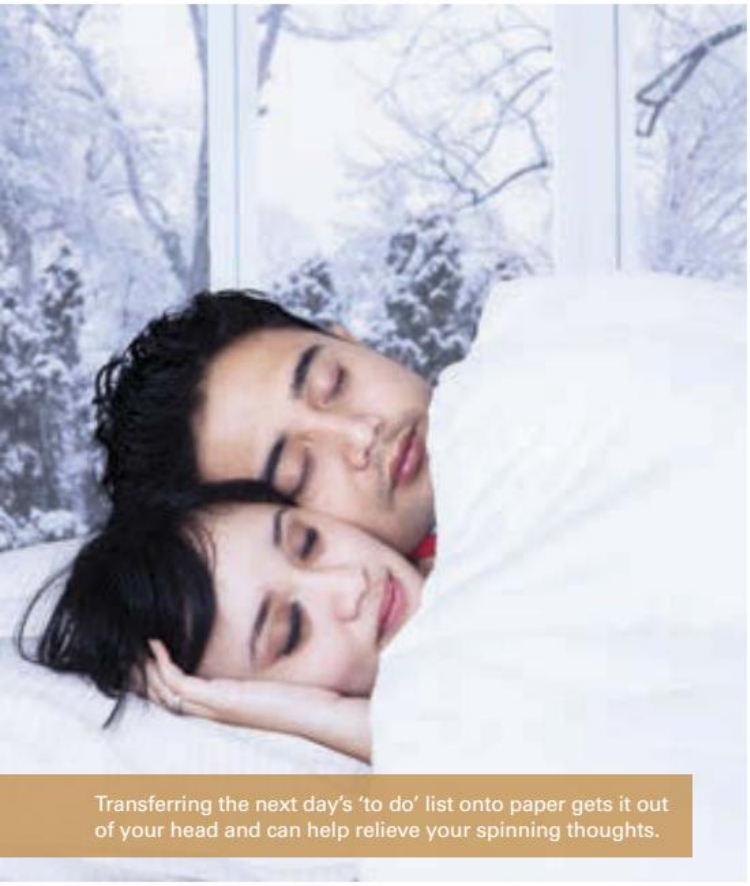
"Once you get beyond 20 minutes, you start to get into the deeper phases of sleep," says Carolyn. "When you have slept for an hour and a half, you have gotten a full cycle of sleep."

She adds that napping is prophylactic, a type of emergency response that should be limited to 20 minutes if at work. "There's lots of evidence that napping is a very good protective measure in the ➤





About 60 per cent of the population are successful nappers.



Transferring the next day's 'to do' list onto paper gets it out of your head and can help relieve your spinning thoughts.

workplace to keep people more alert and prevent accidents and injuries."

So, can you make up for lost sleep?

"In the short term, we can make up a little bit," says Carolyn. She gives an example of someone who slept just five hours the previous night. If they decide to sleep for an hour and a half during the afternoon, and go to bed an hour early that night, they can make that up. Perhaps they're half an hour short, "but it's not a big deal." In the long term, naps aren't going to cut it for the chronically sleep deprived.

"Some people are not successful nappers," she adds. "That tends to be night owls because of the way their body's physiology works. The people who are really successful nappers, especially in the afternoon, are the intermediate types—somewhere between a night owl and an early bird. They are 60 per cent of the population and their body physiology really pushes them to an afternoon nap."

### Sleep and Productivity

When we're sleep deprived, we're less productive. We make mistakes, we have to think twice and read things over a second time, says Carolyn. "Whereas when you are rested, you are much more productive. You have energy and you think clearly."

Carolyn says that society tends to "worship at the altar of productivity" and that mindset compromises our shut-eye. We need to remind ourselves that our "to-do lists disappear much more quickly if we are rested."

*Julie Barnes*

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CRAIG SILLIPHANT LILLIAN LANE

# HOME FOOD:
## The Tourtière – aka Meat Pie

"I'm not French," says Teresa Soulodre. "My background is actually Polish. So I was raised on things like turkey and mashed potatoes. I had never tried *anything* like tourtière before."

If you've never experienced one before, a tourtière is a rich, heart-warming double-crusted meat pie, and as Teresa noted, a traditional French-Canadian dish. It's usually pronounced 'toor/tsyehr' or 'toor/tyehr'.

It originated in Quebec in the 1600s, but is made by French people all over Canada and in parts of the U.S., mainly the New England areas close to the Canadian border where French settlers ended up.

Most people hold that tourtière takes its name from the pan that it's made in, though some believe that it actually comes from the pigeons, called 'tourtes,' that were in early incarnations of the pies.

"My father-in-law Paul Soulodre, came from a French background, taught me how to make tourtières," says Teresa. "It's a French tradition they would have at the réveillon."

Réveillon is a long dinner that usually happens on both Christmas Eve and New Year's Eve. The name comes from the word 'réveil,' which means 'waking' because you have to stay up past midnight. The spicy, savoury meat pies are at the centre of this holiday feast, but it can also involve other delicacies from sweets to lobster and oysters. Tourtière is most often served at Christmas, but you can get it all year long in some restaurants and grocery stores.

"I only make this at Christmas," explains Teresa. "French tradition is to have it





after midnight mass, but for my family when the kids were little we would have tourtière as our Christmas Eve supper before going to church, and open presents when we got home. That is the tradition we have created."

"After the first year my husband Léo and I were married," she continues, "I just really liked these things, and my father-in-law was such a good cook, so I said, 'Show me how you make these.' So he showed me, then he never made them after that—I did! He had a big family and lots of stuff to do, so I'd just say, 'How many do you need?'"

There is no right way to make tourtière. I've had it with everything from ground beef to big hunks of meat and potato. It is served differently depending on the region you're in ➤


TOP 10

FOOD MYTHS DEBUNKED AT BEST FOOD FACTS

Got a food question? We're here to help! We've put together the top ten myths that come our way along with the verdict straight from university-based experts. Head to BestFoodFacts.org to see the full posts.

1. **An onion by your bedside cures the flu.**
**Experts say: FALSE** If this old wives tale were true, you might have a smelly bedroom, but you'd never be sick again!

2. **Fresh fruits and veggies are healthier than canned or frozen.**
**Experts say: FALSE** All of these are great options when it comes to fruit and veggie consumption.

3. **There is wax on your apples.**
**Experts say: TRUE** Apples produce their own natural wax as do many other fruits.

4. **You should be worried about growth hormones in your milk.**
**Experts say: FALSE** Cows naturally produce growth hormones, and they can be found in small quantities in all milk.

5. **You should wash your fruits and veggies in vinegar.**
**Experts say: You can if you want** Vinegar is safe to use on fruits and veggies, but just plain old water works, too.

6. **GMOs are banned in Europe.**
**Experts say: FALSE** The European Union (EU) doesn't formally ban GMOs. Some EU countries grow a small amount of GM corn for animal feed. The EU imports a considerable amount of GM soy for use as animal feed.

7. **Chicken noodle soup can cure a cold.**
**Experts say: Not exactly** While soup can't cure your cold, chicken soups have been found to alleviate cold symptoms.

8. **I should avoid gluten.**
**Experts say: It depends** For those with a gluten allergy or intolerance, avoiding gluten is necessary. For those without allergies or intolerances to gluten, there's no need to pass on the whole grains.

9. **There are certain types of sugar that are better for me than others.**
**Experts say: FALSE** Sugar is sugar as far as your body can tell. Moderation is the key.

10. **Organic food is safer and more nutritious.**
**Experts say: FALSE** Organic and conventional produce are both equally nutritious, and they are both safe options for you and your family.

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and what's usually available in that area. In fact, in coastal areas, you might even find fish, like salmon, in your pie.

"There are other ways of making it," Teresa agrees. "Some people use straight pork, some people use moose; some people add mashed potatoes to it."

Teresa and I are working with a mix of 50% lean pork and 50% lean ground beef. It's a good idea to go to a butcher like Prairie Meats who can mix the meat for you, but you can also do it yourself. Tourtière is a reasonably cheap dish to make, so if you're going to splurge on something, getting great meat is key.

"Sometimes I use a little less beef," says Teresa. "You use about a pound and a half per tourtière for a nine-inch pan."

In terms of the process, look closely at Teresa's recipe. But it's pretty simple-to-make a meat pie. You'll need to make a pie dough, of course, something that will turn out nice and flaky, complimenting the meat. A lot of bakers use butter, which is just fine, but one tip is that lard—oui, lard—works wonders for a tourtière crust.

For the filling, you add the onions and spices along with the meat and water, bring it to a boil slowly. Adding the spices

## SOULODRE FAMILY TOURTIÈRE RECIPE

Makes two 9-inch pies.

1.5 cups water
1.5 lbs lean ground pork
1.5 lbs lean ground beef
2 thinly sliced medium yellow onions
2 tbsp whole cloves
2 tsp salt
2–6 tbsp flour
Pie dough top and bottom for two pies



Mix ground beef and ground pork together.

To a large pot add water, meat mixture, onions, cloves and salt. Gently stir. Cover, place on stove over medium heat.

As the meat starts to cook, make sure it does not burn or stick to the bottom of the pot. If necessary, add a little more water or turn heat down. Heat the meat slowly. Simmer for half an hour with the lid on, stirring occasionally.

In the meantime, make the pie dough. Teresa uses the recipe on the Tenderflake lard box. Line the bottoms of two 9-inch pie tins. Set aside remaining dough for tops.

Once the meat is a light brown, remove the lid and let simmer for approximately one hour, still on low heat, stirring occasionally. If there is not enough liquid to allow the meat to simmer, add a little water. The key is to simmer the meat slowly while allowing the liquid to reduce.

The liquid will have reduced enough when you can stir any remaining liquid into the meat. Add flour to thicken—maybe 2–6 tbsp—and bind the mixture together to about the consistency of oatmeal. You do want some moisture, so don't add too much flour.

Divide mixture evenly into the two unbaked dough-lined pie tins. Roll out the top crusts, gently lay them on top of the meat, slash the dough in the middle a few time (Teresa uses 6 slashes as seen in the photo), trim and flute the pastry edge.

Bake at 350°—1 to 1.5 hours until crust is a golden colour.

"I usually bake mine for one hour, leaving the crust a little pale, as I freeze the pies," Teresa says. "When I take them out of the freezer, I will bake them another half hour. The crust will then be a nice golden brown."





and onions at the onset is what gives the meat the best flavour. In terms of spices, most tourtières include some variation on cinnamon, cloves, allspice and nutmeg. You can also use bay leaves, rosemary or other complimentary herbs.

"I put whole cloves in," says Teresa, "so it depends how much you like cloves. If you like lots you can add more, or you can add less. A lot of chefs wouldn't put them in whole like that, but I do. It's sort of an adventure while you're eating. But by the time it simmers for two hours, then bakes for an hour, there's really nothing left of them."

To construct it, you put a pie dough in the bottom of your pie pan, fill it with the meat mixture and then put another piece of dough on top, pinching the edges together and cutting off the excess. Then you put it in the oven to bake.

When they're done, we pull a couple of finished tourtières out of the oven. We cut a piece out and plate it for tasting, the essence of clove is wonderful. I take a bite and the tender meat and herbs take me back to family meals where we've served this delectable comfort food. I'm not sure if this is standard or sacrilege, but I spot a ketchup bottle and squirt some on the pie. It adds just the right balance of flavour.

Oui, tourtière is winter food at its finest—buttery, crusted pie with hearty meat that fortifies you for any cold prairie night.

*Craig Silliphant*



HOMEtown Reflections

JEFF O'BRIEN

# THE TOWN OF SUTHERLAND



Sutherland Industrial, 1969.

*Photo: Local History Room – Saskatoon Public Library – CP-5695*

Blame it on the Canadian Pacific Railway (CPR).

In 1907, the CPR built its Saskatoon terminal on a patch of bald prairie three miles east of Saskatoon. As well as a roundhouse, machine shop and station, the railway also laid out a little residential subdivision along what is now Gray Avenue just east of Central. This is where the very first houses in Sutherland would have been built: small, mostly temporary shacks for the men who worked on the CPR.

On the other side of Central, a wily land developer named Albert H. Hanson laid out his own subdivision between 108th Street and the railway tracks just north of 115th. In those pre-commuter days, people tended to live as close to their jobs as possible. With the CPR as a draw, there was clearly money to be made providing land for the homes of its workers and the businesses that would support them.

Typically, the original Sutherland subdivisions were laid out so as to make as much profit from the land as ➤

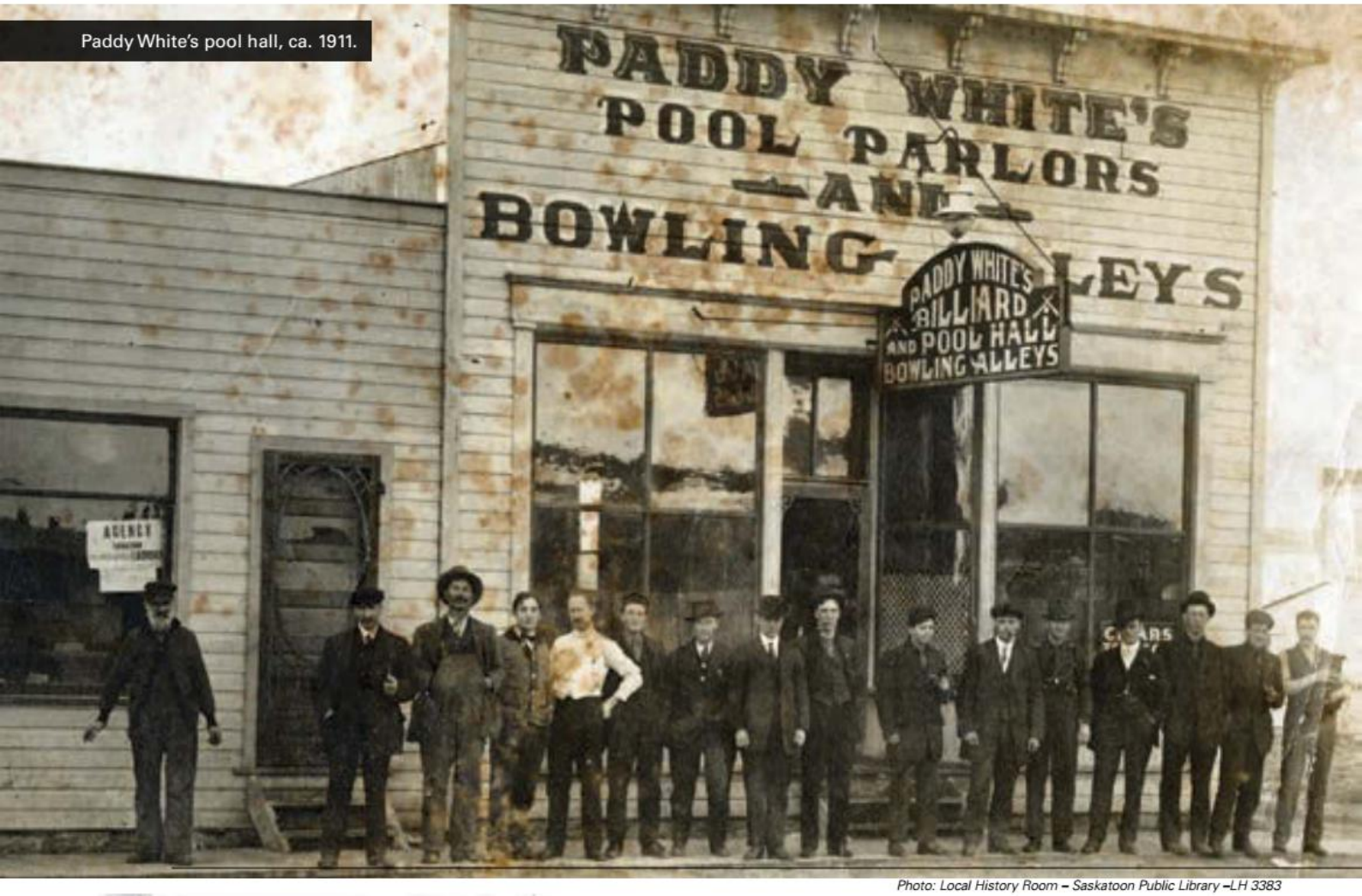
*In 1912, Sutherland Town Council wrote to Ottawa asking that a "secret service man" be sent to investigate reports of unlicensed liquor establishments and prostitution—"a blind pig and loose women"—which is the way this was stated in the colourful idiom of the day.*



Sutherland was named after the prominent Saskatchewan politician William C. Sutherland (seen above). He came to Saskatoon in 1903 and was its first secretary-treasurer before serving on the Town Council. He was also elected as the first Saskatoon member to the new provincial legislature in 1905, winning the seat for the Liberals. He served as deputy speaker in the assembly from 1908 to 1912. He was also instrumental in getting the University of Saskatchewan to locate in Saskatoon.

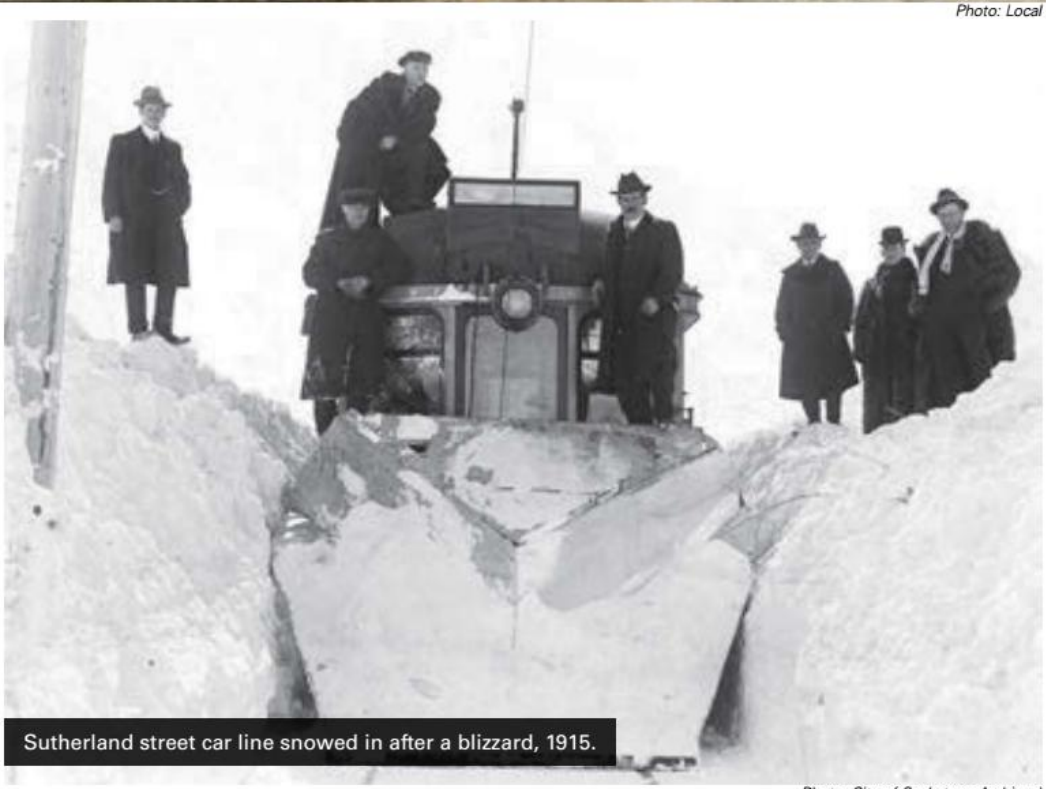
*Photo: Local History Room – Saskatoon Public Library – WC-Sutherland-1905*






Paddy White's pool hall, ca. 1911.

*Photo: Local History Room – Saskatoon Public Library –LH 3383*



Sutherland street car line snowed in after a blizzard, 1915.

*Photo: City of Saskatoon Archives)*

possible, with small lots and no provision for park or recreational space.

**Booming Growth**

Sutherland grew quickly. From a population of 102 in 1909, it grew to 421 in 1911 and 1,500 in 1912. Not surprisingly, the CPR was the biggest employer in town. Nearly half the listings for Sutherland in the Henderson Directories from those days were CPR men—everyone from engineers and firemen (the railway kind) to carpenters, machinists, storekeepers and labourers. In 1912, the CPR employed 500 men full time, with a monthly payroll of $50,000.

Like Saskatoon, Sutherland boomed in the years just



Sutherland School, 1950.

*Photo: Local History Room – Saskatoon Public Library – PH-95-73-1)*

before the First World War. By then, the town boasted a thriving business district along Central Avenue, a school, two hotels, a drugstore and billiard hall, restaurants (including one called "The Two Jims"), a theatre and even a weekly newspaper. It was a working-class town and the houses built there reflected the modest means of their owners. But it thrived.

Prosperity wasn't without its problems. In 1912, Sutherland Town Council wrote to Ottawa asking that a "secret service man" be sent to investigate reports of unlicensed liquor establishments and prostitution—"a blind pig and loose women"—which is the way this was stated in the colourful idiom of the day. History does not, alas, record Ottawa's response.

About the same time, thieves broke into the pool hall and made off with $149 from the cash register. They were caught the next day when they went back there to spend it.

Modern amenities were also lacking. Without a reliable source of water, people in Sutherland were forced to purchase drinking water by the barrel. There were no flush toilets, and water for washing was often collected by melting snow. There were also no streetlights in the early days, and before the all-weather road was built to Saskatoon, travel between the two during winter could be difficult.

But the future beckoned. There was a big push to install a modern sewer and water system just before the First World War, while the building of a streetcar line from Saskatoon in 1914 reduced Sutherland's isolation. The town had its own public health officer, a fire brigade and even ➤



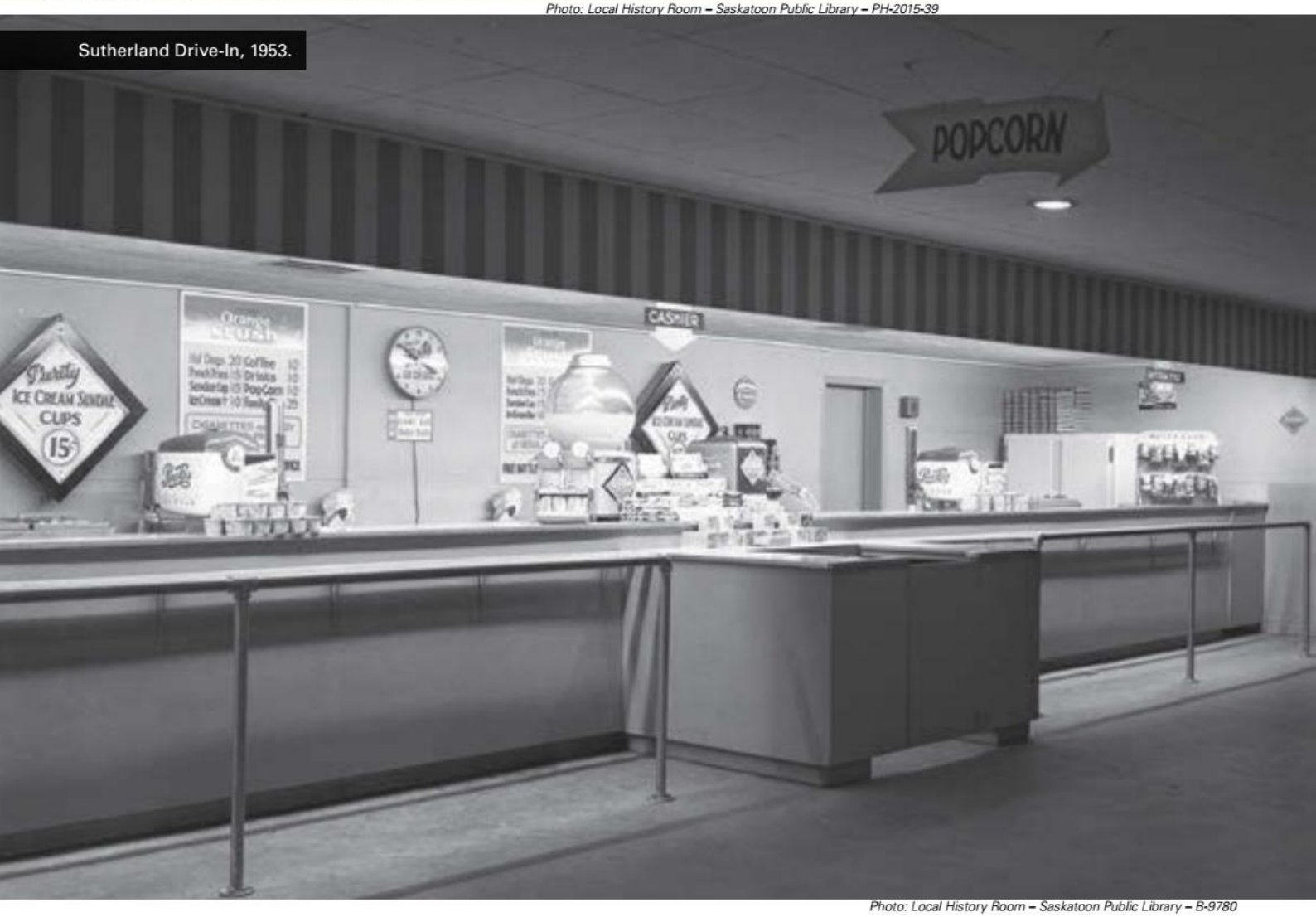
Looking across to 110th Street in 1911.

*Photo: Local History Room – Saskatoon Public Library – PH-2015-39*

a chief of police. A grand "castle-style" school was built in 1913 to replace the earlier wooden one. There was even a town hall.

### A Down Turn

When the bottom fell out of the real estate market in 1913–1914, it took the rest of the economy with it. Both Saskatoon and Sutherland suffered terribly. But unlike her larger neighbour, Sutherland was too small to simply hunker down and weather the storm. The population dropped by more than a third and tax revenues plummeted. Homes and businesses were shuttered. Of the more than 200 residential and commercial




Sutherland Drive-In, 1953.

*Photo: Local History Room – Saskatoon Public Library – B-9780*

addresses in Sutherland in the 1914 Henderson Directory, 60 are listed as "vacant".

Sutherland struggled over the next 40 years. It had borrowed heavily to pay for its sewer and water improvements.

In 1925, it defaulted on this debt. The subsequent repayment agreement ensured that the town would be beggared for years to come.

Though there were bright spots. An electrical line was finally built out from Saskatoon in 1926, and the CPR and the Forestry Farm remained reliable employers even during the worst years of the Great Depression. But it would take until the 1950s before Sutherland would get back on its feet.

### The Joining

During the 1950s, new businesses began to crop up along Central Avenue and elsewhere. The Sutherland Drive-In Theatre opened in the summer of 1950, and by the late 1950s development had begun in the Sutherland Industrial district south of the railway yards. The population was also growing, reaching 2,500 by the middle of the decade.

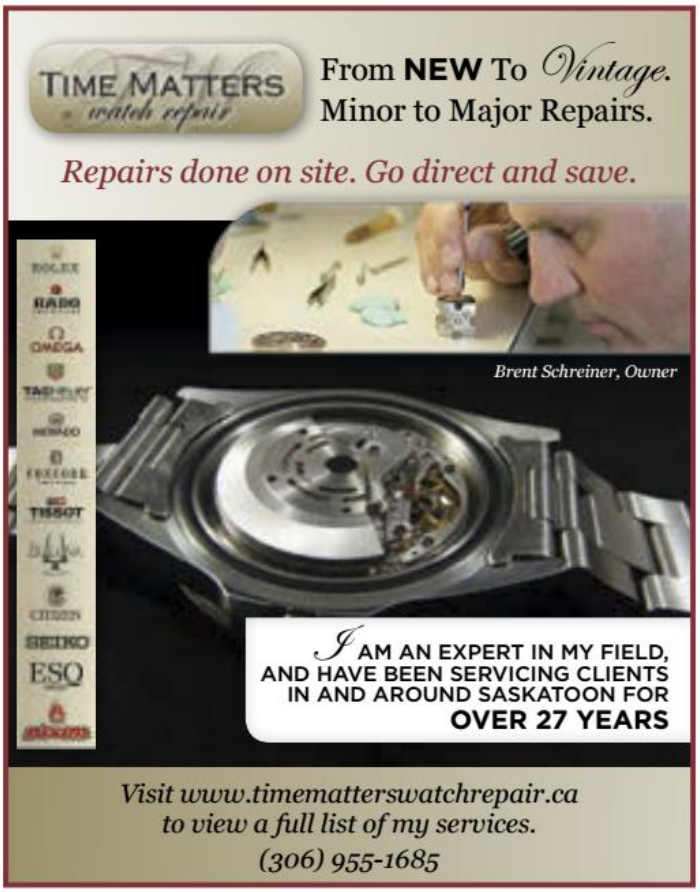
But the biggest change happened in 1956, when Sutherland became part of Saskatoon.

The two have always been inextricably linked. Talk of amalgamation goes back to as early as 1912. But Saskatoon was growing rapidly in the 1950s and planners were looking at expansion into the city's fringe areas to accommodate that growth. In 1953, Saskatoon's City Council formally proposed that the two amalgamate.

Sutherland's Town Council responded positively. Although the town was debt-free by then, it was facing substantial costs to upgrade its sewer and water system, improve police and fire protection and other much-needed local improvements.

Meetings were held over the next couple years to hammer out the details. Not everyone was in favour of the idea. In the fall of 1955, Sutherland voters approved amalgamation by a margin of only 34 votes.

In Saskatoon, Alderman Sid Buckwold was not alone in calling it "an expensive luxury." But finally, after a long and sometimes-stormy joint meeting of the two Councils on October 20, 1955, the agreement was announced.




On January 1, 1956, the little town at the edge of the city would become just another Saskatoon neighbourhood.

### No Longer the Fringe

Over the years, the city has flowed past Sutherland on all sides. Today, instead of being out on Saskatoon's eastern fringe, Sutherland is now at the innermost edge of a rapidly expanding northeast quadrant that includes ➤

## SUTHERLAND STREET NAMES

Nearly all of Sutherland's streets were originally numbered. In about 1912 and then again in 1956 (one of the last acts of the last Sutherland Town Council) many of the streets were renamed.

If you look on a map you will see a section of Sutherland with the streets are named with the first letter in alphabetical order starting at Boyd, and ending with James. In the past it did start with an 'a'—Armstrong—but this street no longer exists.

Where the sources of the names are known, they frequently commemorate the men who worked the railway. Egbert Gould was a CPR locomotive engineer, as was Tom "Rosy" Bryans, who also sat on Town Council. Dominico Vicckies, John Kellough and Percy Jessop were also CPR men. George Cruise was a Sutherland lawyer and long-time Town Councillor, while Ronald Dunlop, who has the street next to him, was yet another CPR engineer. Gray Avenue is named for Saskatoon Alderman Bill Gray, who chaired the city's amalgamation committee.

Amalgamation was also responsible for the remaining numbered streets having "100" added to them, to differentiate between them and those in Saskatoon.

McOrmond Drive—in Erindale, not Sutherland—commemorates Florence McOrmond, who served on Sutherland's Town Council from 1936–1944, and then as Mayor from 1945–1946, making her the first female mayor in Saskatchewan.



Aerial view of Sutherland, 1950.

*Photo: City of Saskatoon Archives*

Canada's first urban reserve, established in the Sutherland Industrial area in 1988.

But while it may surround Sutherland, Saskatoon has failed to absorb it. Boxed in by the CPR and Sutherland Industrial on one side and Circle Drive on the other, bounded to the north and south by College Drive and 115th Street, the older parts of Sutherland are clearly separated from the city around them. Along with Central Avenue—as vibrant a main street as one might find anywhere in Saskatchewan—Sutherland remains to this day a nice little town in the heart of the city.

*Jeff O'Brien*

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LÉO JOSEPH LILLIAN LANE

# DIY KIDS' BATHROOM

## Fun Meets Function

Reading and writing is important. Just like learning how to do simple math, being kind to one another, and, in Saskatchewan, learning how to skate even if it's -40 C. But parents worldwide also know that one of the most important skills to teach children is how to handle what goes on in that little space known as the bathroom.

Interior designers have long had love affairs with bathrooms. Fixtures, tiles, colours and accent knick-knacks all provide a wonderful canvas to express and inspire. Function is put on the back burner and style rules the day. There may even be a day when your bathroom graces the pages of *Saskatoon HOME* magazine because of its design splendour.

On the other hand, when you are sharing your space with toddlers, the focus turns to fun and usability. Remember this is a phase, one to be embraced but defiantly one with an expiry date. With this in mind, here are some small reversible "do-it-yourself" ideas to turn your bathroom into a kid-centric spectacle without breaking the bank.

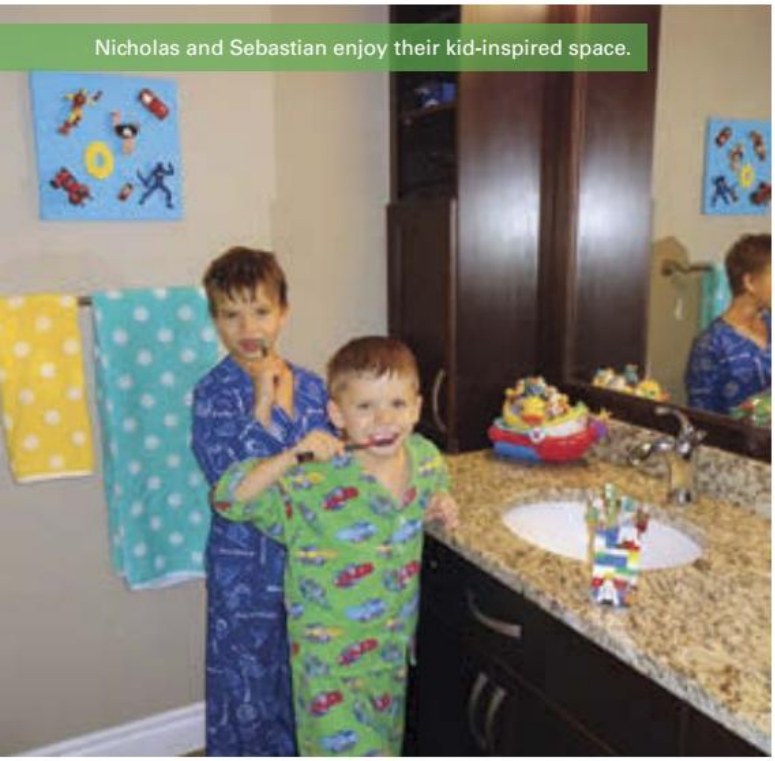
### Safety First

Electricity and water ➤



Making surfaces kid-friendly, interesting and safe can turn an ordinary bathroom into an exciting discovery booth.





Nicholas and Sebastian enjoy their kid-inspired space.

are not a good combo, so make sure you have plug covers installed. Save the slip and slide for the waterslide at the pool. Make sure your bath has a matt or grip, but stay away from Grandma's old aqua green hand-me-down and buy a fun kid version.

### Splash of Colour

Kids love colour. Brighten up the space and add a bit of personality using items that can be easily swapped out down the road like towels, bath mats and creative use of accessories. Or think art and get creative.

Buy a few inexpensive canvases and have your kids search their room for small toys they don't play with very often to mount on display. Perhaps this will give you a way to use those Kinder Surprise toys that quickly lose your child's attention.

### Evolution of the Soap

If you still are using "soap on a rope" please return in your time machine to 1970. Today soap comes in easy to use pump action bottles in liquid or foaming.

Most major cartoon characters have their own version, from PAW Patrol to Minions. Let your kids pick out their favourite. But if you already bought a 20 litre tub of clear liquid soap to take advantage of a great sale and or if you like to help out the environment by refilling a bottle you










already have, try putting a toy or Lego into the bottle and scrub off the label. Instant kid soap!

### Toilet Paper

Is there ever a moment of greater panic than when you realize you're out of toilet paper? Avoid a panicky scream from a toddler by always having one spare roll easily accessible on top of the tank in case of emergency. Get creative and make one of your kid's toy dinosaurs into a toiletpapersaurus.

### Shower Curtain

As with any learning process or skill development, things take time. Sometimes kids just need to be in the bathroom for an eternity.

Help them make the most of this time by putting up a world map shower curtain. When they're getting their business done, an added bonus is that your kids may just learn where Uzbekistan is.

### Stools

Fact: when you're two years old, you are vertically challenged. Climbing on top ➤







Use your imagination. Who doesn't love a toiletpapersaurus or a Lego toothbrush holder?

of the toilet and stretching for the sink, or swinging from the shower curtain onto the counter may seem like fun to the kids, but safety should come first. Invest in a stool so everything is within reach. Clean out the bottom shelf of your vanity and put it behind closed doors when not in use. That can help when your bathroom has limited floor space.

### Tooth Brush Holder

Make brushing teeth fun by building your own toothbrush holder out of Lego. Through the magic of licensing and Lego, your toothbrush can now be a part of the DC universe. Batman—if he can protect Gotham, he can protect a toothbrush and your child's dental hygiene.

### Hooks Over Bars

Doing never-ending squats may help with the waistline, but you can pick up hand towels off the floor only so many times before you start to feel the burn. Change your life by using hooks instead of bars. This simple switch will keep the towels off the floor. Removable hooks from 3M are available at hardware stores and let you add a hook at a lower level for your little ones. Later, you can remove them without making a mark. Drilling screws into the wall is unnecessary since the little ones will spring up vertically and start to outgrow you.

### A Family Project

At the end of the day, your best source for ideas are the kids themselves. Brainstorm some with them; ask them to come up with a theme or piece of décor. Get the whole family involved and be creative and unique. Embrace this phase of your life, and create a bathroom space your kids feel comfortable in. They grow up way too fast.

*Léo Joseph*

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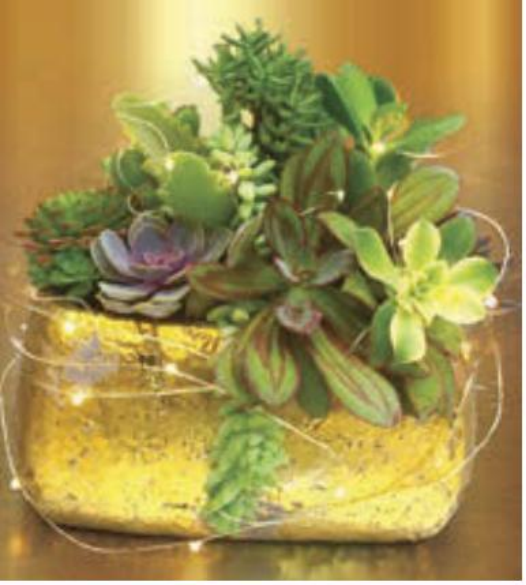
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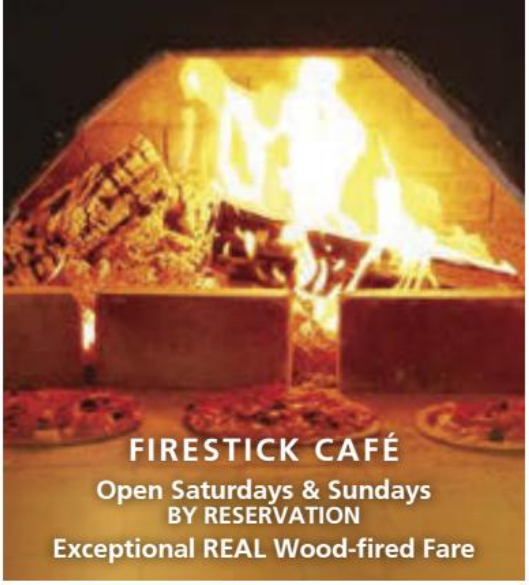
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